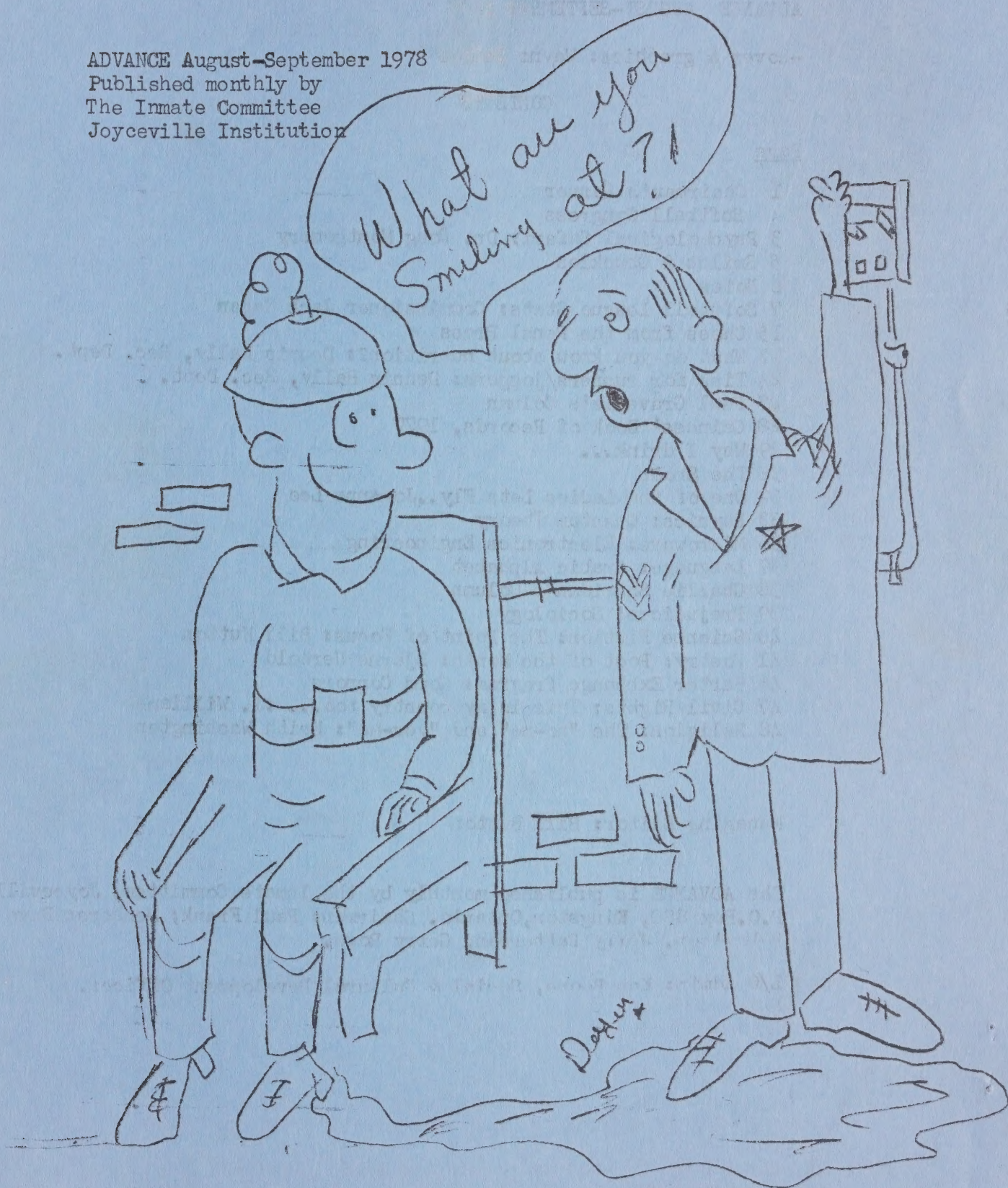


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ADVANCE



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## WHAT IS, AND WHAT ISN'T HAPPENING...

A few changes around here since last issue; mainly, there is a new director coming in. The last one, after two months, is being promoted or demoted, whatever way one chooses to look at it.

The exercise yard has been extended, Jets are on an undefeated streak, me doing O.P. of all people, confusion in the ranks regarding Barter Exchange, Lifers having a goodie sale to get their van, which is one of the most progressive ideas yet.

Family Day just around the corner on the 16th of Sept., Semi Field Day on the Labor Day weekend, a new idea, due to shortage of bread.

Soap dishes, finally, after 6 months of having been on order.

Talk of new apprenticeship courses in the kitchen, etc. Still a dream until it happens.

Hang up somewhere on parts for the T.V. aerial.

Jets hoping to leave for a tournament in Tamworth. Too bad the main team can't go as they are a dynamite ball club. But powers that be don't have the pride in a winner like most cons. Red tape does wonders to mess up not only personal achievement, but the spirit of accomplishment.

Talk of changes in the wind, some not so good, others not so bad. Guys let down on a lot of new court rulings, mainly because of confusion and lack of effort on the administration's side to clarify rulings and get men their standings on re-computed time. Makes a guy wonder if Canada will ever become progressive or stay stagnate in both attitude and responsibility.

See lately all kinds of good clothes, jeans, etc., being issued from S.I.S. as the guys go on parole, T.A.'s etc. I know what I've worn. There's nothing wrong with it. Ken and Maggie are doing a hell of a job, choosing, fitting and pressing, and Mr. Bronkhurst has to be the best man we've had there yet. At least he shows interest in the quality and quantity. Good show guys. Keep on trucking...

See you around. P.F.

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## SOFTBALL CONGRESS

On August 20th at 12:30 the Joyceville Jets took the field against National fireplace from the city league and thumped them 8-0 due to good fielding and power house pitching by both Tony Melanson and Joe Conlin, who combined to throw a no-hitter, but you had better believe that the bats weren't quiet either, not with Jim Lane, Jim Cook, Larry Walters and Robbie Keays leading the attack. The Jets had a 4 run lead from the beginning. Sparkling plays by Keays, good catching by Conlin, and a surprise snag of a liner by Paul Frank on 3rd set the defence in motion. A hell of a game for the victors and a short trip for the visitors. Good umpiring by Patterson, Alkerton and Norland in this game.

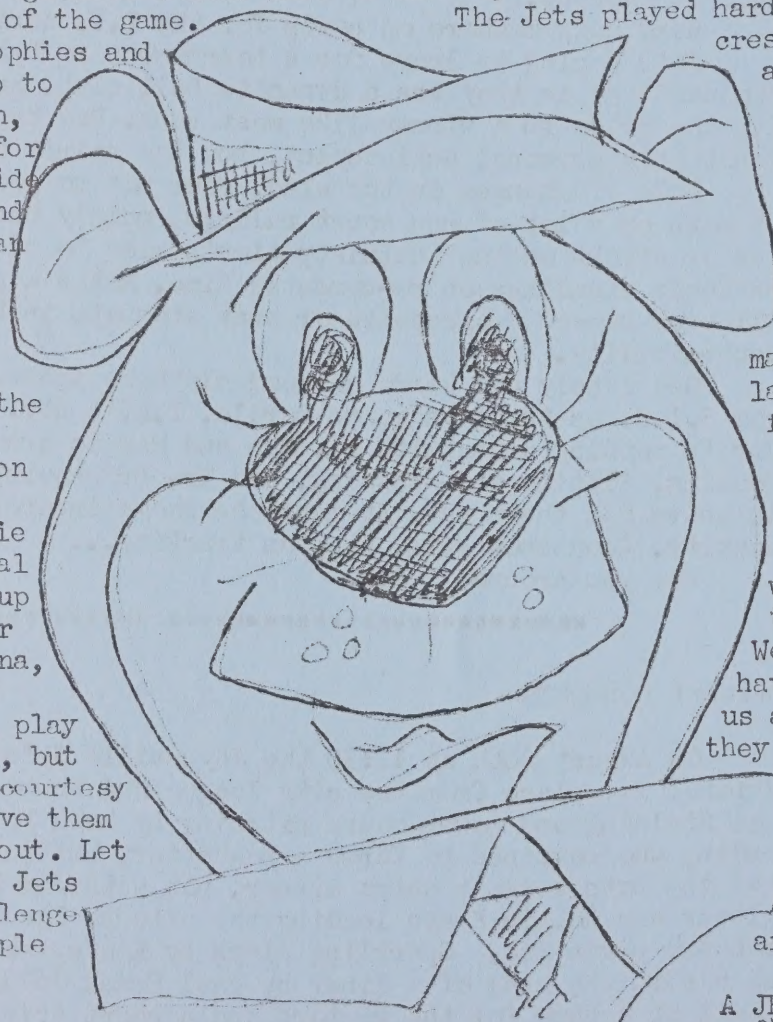
The second game was played by Tamworth Merchants, led by Karl



McCloughlin and Stenson's Esso led by fate because Tamworth won 7-1 setting up the final game against the Mighty Jets. Good defense and strong pitching was just too much for Stenson's.

After a Colonel Sanders supper at 5:30 the Jets took the field among rousing cheers to defend their title of '77, knowing in their hearts they not only could win, but wanted to. The long hours of practise and griping paid off against a tough opponent, to the tune of 1-0. Heroic pitching by Tony Melanson who got awfully tired, strong super throws, especially by Jim Lane, and good catching by Joe Conlin held the Jets in until the bottom of the fifth, when Larry Walters got on to lead off, but was caught stealing, making one out. Conlin was next and got on, then came Robbie Keays with a walk, to put runners on second and first, setting up a chance to make a hero in the person of Paul Frank, who wasn't hitting all that well in the first game, but came through with a line shot to centre, driving in Conlin with the only run of the game.

The Jets played hard and deserved their trophies and should go to Patterson, Norland for All outside effort and Jack Hagan Paul O' board, tireless juice serving the we can't population support, all Donnie managerial putting up guff over bad Verona, Sentry nerve to play for them, but or else courtesy would have them test us out. Let you, the Jets any challenge good people



crests. Many thanks all three umpires Alkerton and a splendid job. teams for their entertainment, the statistician, Connor, score- Brian Dodge for efforts on the machine and for lady guests, but forget the for its strong but most of Jones for his skills and for with a lot of the season. Too Wee-Jay or haven't got the us as we are ready they must know that of past years come in to me remind are ready for See all you around. --

A JET \*PLAYER & FAN

de g. etc

AA



PSYCHOLOGICAL SAFARI: Dr. Douglas Montgomery

WHEN I GO TO A MEDICAL DOCTOR HE IS USUALLY ABLE TO TELL ME CLEARLY WHAT KIND OF HELP I NEED AND TO GIVE IT TO ME. IF THERE IS SOME UNCERTAINTY HE CAN INDICATE ITS LIMITS.

WHEN I GO TO A PSYCHOLOGIST I AM USUALLY NOT GIVEN CLEAR ANSWERS ABOUT WHAT IS WRONG OR HOW IT SHOULD BE CURED. I AM LEFT, IN THE END, TO SOLVE MY OWN PROBLEMS AND TO PROVIDE THE CURE THAT IS NEEDED. WHY CAN'T PSYCHOLOGISTS, OUT OF THEIR PROFESSIONAL SKILLS, GIVE ME ANSWERS WHICH WILL SOLVE MY PROBLEMS, AND WHY CAN'T THEY BE MORE ACTIVE AND RESOURCEFUL IN HELPING ME ?

Once upon a time I attended a theological workshop. Among a lot of fairly dull activities one speaker got attention when he said,

"God is no use."

There was more than mild surprise expressed at this apparent discarding of the Creator of all things as a being who no longer served any purpose. Then the speaker explained. What he had said didn't mean what it sounded like it had meant.

God is ~~no~~ use, in the sense that he can not be made use of. God can not be used. We can not take him, like a mechanical tool, or a piece of cutlery on the table, and use him to do whatever job happens to suit us. God has his own ideas, which sometimes differ from ours. When they do, it isn't much of a contest. God cooperates with our plans, or does not cooperate, as he decides. That's maybe a good thing. God does not let us use him.

Psychologists are not God. At least, you will still find some who hold that view. But, like God, a good psychologist is no use. He is not a tool that the patient can use as he wants to. He is not provided to hand out easy short-cuts and take all the load off the patient. Usually the more work the psychologist does for the patient the less help he is giving.

Medical trouble is a state of affairs in the physical world. This state of affairs can be measured and treated by physical means. If I have a large wound on the back of my hand( or wherever you like), and it has become infected and highly inflamed, it is not likely to be changed much by my views on the advantages and disadvantages of having an inflammation in my hand. It may be changed a lot by medical or surgical treatment. So, the doctor loads his needle with something that will attack the inflammation, or he numbs my hand with an anaesthetic and goes to work with his knife. The doctor would say that any views and feelings I might have on the matter are not going to affect the result nearly as much as the action he is taking. My mental behavior need not be any great concern of his, and he has more important things to do than join in the meanderings that accompany the processes involved in accomplishing the modification of my mental adjustment. He may well be right.

When the trouble is psychological it is not a state of affairs, in the physical world, that can be cured by physical means. Supposing you have



a great fear of snakes and mice. In one of those calm moments, when there are no snakes or mice around, you may have noticed that the first fear is self-preserving, while the second is merely debilitating.

The medical doctor does not attempt to cut out the fear of mice, or give you an anti-fear-of-mice injection, and anticipate that you will hunt the mice instead of the mice hunting you, while the healthy fear of snakes remains more or less intact.

Instead, the medical doctor recognizes that there are problems which can not be treated by his resources. The psychologist has different resources, some of which are suitable for the treatment of this kind of problem. If you are scared of mice, and admire the medical method so much, go to a medical doctor and ask him to cut out the fear of mice. If he refuses, or does not succeed, come to a psychologist, but expect the psychologist to do it differently.

Unlike medical treatment, psychological treatment depends directly on making changes in the patient's thinking, attitudes, or emotions.

For example, excessive fear of mice may be due to the patient's association of the sleek, hairy covering of the mouse with the texture of the fur coat worn by a lady, and with the way that lady treated the patient, or with the way he treated her. The patient has to explore the countless corridors of his own mind, and find out how those associations link up, before he can break the harmful connection.

The psychologist can not go hunting through the corridors of the patient's mind--it's not his mind-- but the patient can, maybe. He may be frightened of some of these mental corridors, and unwilling to go further unless the psychologist keeps him company. The psychologist may sense the cause of the patient's hesitation, and then hint at what lies ahead in a way that confirms the patient's hopes rather than his fears.

In this situation the patient is more active than the psychologist. Only the patient has the patient's memories. Only the patient knows what matters to him, and what doesn't, and how much. Only he can work on these things directly. The psychologist can not.

Usually part of the psychological cure is in experiencing the required emotion or in accomplishing the necessary personal task. The patient is not changed by the psychologist having the feeling, or accomplishing the task, for him. The patient, not the psychologist, has to be convinced that this is the problem and this is the cure. The psychologist telling the patient all this, no matter how high his reputation and how clearly he explains, is not the same thing as the patient being convinced. It is by the patient's own work on the things that concern him that he becomes convinced. It is not when the psychologist gives him the answer, but when the patient gives himself the answer, that he is convinced-- convinced enough to take himself in hand and do what needs to be done.

If you want to learn to ride a bicycle I can not do the learning for you, in a way that will let you jump on the bike and pedal away. Only you can do the adjusting to the wobbles and the overbalancing. I may be able to give you hints and tell you what you are doing. But only you can apply this help to remedy your tottering state on the bicycle.



The psychologist can help you over the fence when it is so high it is blocking your progress. But if you go limp, and expect the psychologist to do it all, he will probably go limp too. It is you that wants to get over the fence, not the psychologist. He can not live your life for you. You can.

I sometimes wonder whether North America has too much psychological help, or has it concentrated where it is least needed. People seem to call in psychologists to do for them what people did very well for themselves a generation ago, just as parents used to bring up their own children. There are times when a psychologist is needed, but that is probably not nearly as often as many people think. People used to notice that Canadians were getting physically flabby. Psychological flabbiness may not grip our attention so easily, but it is not good to have a large number of the country's population unnecessarily dependent on psychologists. Becoming mature is something we have to do most of ourselves.

A good psychologist is no use. I do my best.

Douglas Montgomery.

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#### SMILES & CHUCKLES

-- Alky approached the hostess of the party and asked: "Madame, do you usually serve lemons that have legs?"

"Lemons with legs?" she replied, startled. "Of course not! Are you drunk?"

"No I'm not, so I guess it was your canary that just drowned in my martini!"

\*\*\*\*\*

-- During World War II, on a small island in the Pacific, a new and green doctor was presented with a disease beyond his experience. He finally diagnosed it and wired for help. "What can I do with a case of Beriberi?"

"Give it to the Marines," came the answer, "They'll drink anything!"

\*\*\*\*\*

-- Two fairy nice fellows were standing outside the local hotel, when this guy came out and started arguing with his wife. One of them turned to the other and said, "See Mary? I told you those mixed marriages don't work!"

\*\*\*\*\*



-Women's Group Programme, Maria Neil, Volunteer Co-ordinator, John Howard Society, 771½ Montreal Street, Kingston, Ontario. Meetings are held on Thursday evenings at 7:30 pm in the Meeting Room of St. Paul's Anglican Church, corner of Montreal and Queen Street. Please phone 542-7373 if you need a rise.

-The prison social worker sneered at the convict: "Why don't you clean up your act?"

"What act?" asked the convict...

-A prominent member of the Newfoundland Govt. was driven by limousine to the Waterford Mental Hospital for a pre-election goodwill tour. He made the usual trip to the wards, visiting the patients, talking to the doctors, etc. The tour lasted an hour or so, and the official and his chauffeur returned to the parking lot to drive back to town. Upon entering the limo the M.P. noticed that the four lug-nuts had been removed from the right front tire. As he paced worriedly a patient of the hospital came up to him and asked if anything was wrong.

"Well," replied the M.P. "It appears we shall have to find another way of getting back to town as someone has stolen the four lug-nuts from the front wheel."

"Not to worry by' " says the patient, as he went around the corner. He returned with a "four-way" wrench and proceeded to remove one nut from each of the three wheels, explaining as he worked: "Ya see by', each of the wheels has four nuts, right? I just take one nut from each of da udder tree an' put dem on da one in frunt by'. Dat way ya got t'ree nuts on all da wheels."

Amazed at this improvization by the mental patient, the official remarked, "That's brilliant! I never would have thought of that. I can't see why you are here. You seem to be very bright."

The patient remarked, "Hey by', I'm here because I'm crazy, not because I'm stupid!"

-REMEMBRANCE DAY August 10th

We remember on this day  
All the people, including ourselves,  
Who faced it and somehow  
Lived on anyway...

- The Post Office has raised the mailing costs for the magazine to 20¢ a copy. If any of our readers care to help us with monetary donations for stamps, we would be happy to put you on our mailing list. We are not allowed to solicit subscriptions. Thank you.
- The LIFESERVERS have managed a first here. The \$50 summer canteen bags were put together with nearly 200 items so that the fellows could get some variety into their lives. This was a lot of hard work and the LIFESERVERS deserve a lot of credit. From a hearty eater who gets tired of instant potatoes, thanks !



# SOFTBALL LEAGUE

## BLUE JAYS

## MAJORS

## REGULAR SEASON

NAME	GP	AB	R	H	PO	A	E	2B	3B	HR	SB	SAC	HP	BB	SO	WBL	BAT. ADV.	FIELD ADV.
J. CONKLIN	23	76	25	29	25	24	7	6	1	0	6	1	0	15	9	16	.382	.875
I. CURRIE	24	54	14	20	18	0	3	1	2	0	38	3	0	10	21	10	.370	.857
P. FRANK	20	62	19	21	15	5	7	4	2	0	1	5	2	8	7	10	.339	.741
J. LANE	24	78	20	26	23	31	9	8	3	2	8	1	2	8	8	19	.333	.857
T. MELANSON	21	43	19	13	26	21	1	3	2	0	3	3	1	21	2	12	.302	.979
R. KEAYS	23	61	29	18	13	16	5	2	4	2	11	0	1	19	8	16	.295	.853
L. WALTERS	22	82	23	24	63	31	18	2	4	2	8	4	1	5	2	15	.293	.839
E. ADAMS	5	11	2	6	3	0	0	0	2	0	0	0	0	1	1	3	.545	1.000
G. SAKAI	3	6	1	2	10	2	0	0	0	0	0	1	0	1	0	2	.333	1.000
R. VAN BREE	12	31	8	10	2	1	1	0	0	2	5	2	0	4	7	9	.323	.750
D. THOMPSON	13	31	9	7	17	6	3	1	1	0	2	1	0	7	4	8	.226	.885
D. DOWELL	9	19	2	4	2	0	3	0	1	0	2	0	0	2	2	1	.211	.400
R. CANTIN	5	12	3	2	1	0	0	0	0	0	1	0	0	1	4	1	.167	1.000

T. HAGAN COMMISSIONER



# SOFTBALL LEAGUE

## DODGERS

## MAJORS

## REGULAR SEASON

NAME	GP	AB	R	H	PO	A	E	2B	3B	HR	SB	SAC	HP	BB	SO	RBI	BHT. ADV.	FIELD ADV.
J. COOK	23	82	24	33	23	14	3	5	6	4	5	3	3	4	3	27	.402	.925
G. PRINCE	23	76	19	27	36	54	6	4	3	1	7	3	0	2	9	14	.355	.936
R. BABISTER	18	60	23	21	80	9	3	4	1	0	14	0	4	5	10	14	.350	.967
G. GEARY	19	58	21	18	18	26	7	6	2	2	7	2	1	7	16	11	.310	.863
G. BELL	22	80	24	24	33	0	7	5	2	2	7	0	2	9	20	12	.300	.825
C. TATTERSALL	22	75	17	20	26	19	7	3	0	1	3	0	1	6	11	13	.267	.865
J. ST. CROIX	17	50	8	12	13	24	5	1	1	0	7	2	0	6	14	7	.240	.881
D. COOPER	7	19	6	8	6	7	5	2	0	0	4	1	0	6	6	5	.421	.722
M. DAISLEY	6	18	7	5	7	1	1	0	0	0	4	0	1	1	1	2	.278	.889
E. BISSONNETT	7	18	4	4	4	10	1	1	0	0	1	0	0	3	6	2	.222	.933

T. HAGAN COMMISSIONER



# SOFTBALL LEAGUE

## TIGERS

## MAJORS

## REGULAR SEASON

NAME	GP	AB	R	H	2B	3B	HR	SB	SAC	HP	BB	SO	LOB	BAT. ADV.	FIELD ADV.			
T. DESAULNIER	20	56	15	18	32	8	7	0	1	0	12	0	0	11	13	12	.321	.851
K. ARMES	22	75	10	18	16	21	12	2	2	0	3	1	0	3	10	14	.240	.755
D. JONES	19	52	5	6	31	16	6	0	1	0	0	1	0	7	19	3	.115	.887
D. FITZGERALD	4	12	6	6	9	10	1	1	0	0	1	1	0	2	4	2	.500	.950
G. REID	3	8	2	3	6	2	0	0	1	0	0	0	0	0	1	4	.375	1.000
R. OAKES	3	11	2	3	3	2	1	0	0	0	1	0	0	0	0	0	.273	.833
D. LAVOIE	6	15	1	4	3	1	3	0	0	0	2	0	0	5	6	1	.267	.571
T. BETHAMIE	5	8	1	2	17	3	2	0	0	0	1	0	1	3	3	0	.250	.870
B. MACDONALD	15	41	5	8	89	7	5	2	0	0	2	0	0	8	15	3	.195	.950
P. EISNER	6	18	3	3	6	11	8	0	0	0	1	0	0	3	0	4	.167	.680
R. RICHARDS	5	13	2	2	4	8	0	0	0	0	0	0	0	2	5	2	.154	1.000
M. MOFFATT	6	14	3	2	7	7	2	0	0	0	0	0	0	2	3	8	.143	.875
S. MCCARTNEY	7	19	1	2	5	1	2	0	0	0	0	0	0	2	2	2	.118	.750

T. HIGGINS

COMMISSIONER



## ANIMALS

## MINORS

## REGULAR SEASON

NAME	GP	AB	R	H	PO	A	E	2B	3B	HR	SB	SAC	HP	1B3	SO	KB1	BAT. ADV.	FIELD ADV.
B. TESLICK	23	75	40	39	23	4	5	8	1	0	13	1	3	18	8	25	.520	.844
W. Toulouse	16	68	28	34	18	21	7	5	2	1	9	0	2	1	2	14	.500	.867
W. WHITE	13	55	23	23	21	19	9	2	2	2	7	1	0	5	2	15	.418	.816
P. RITCHIE	14	51	20	19	8	3	4	5	0	1	4	0	1	7	9	18	.373	.733
D. ROBERTSON	21	83	28	30	29	22	6	3	4	0	7	3	1	11	7	34	.361	.895
B. SHELLY	16	57	19	20	18	3	4	2	3	1	6	0	1	5	2	18	.351	.840
H. GAIBBER	16	52	15	16	86	3	7	1	0	0	4	1	2	13	10	8	.308	.927
E. FERRILL	9	36	15	17	11	16	2	4	2	0	1	0	0	1	1	16	.472	.931
B. WALKER	8	35	15	15	12	5	2	2	1	0	3	0	0	3	1	21	.429	.875
G. WEATHERALL	3	5	1	2	0	0	1	0	0	0	0	1	0	0	0	1	.400	.000
M. JACOBS	7	28	9	10	3	16	3	1	1	0	1	0	1	2	1	6	.357	.863
C. SPENCER	12	44	22	12	6	6	3	0	4	0	3	0	1	6	11	12	.273	.800
A. CORBET	7	20	14	4	5	4	4	0	0	0	7	0	0	13	6	5	.200	.692

T. HAGAN COMMISSIONER



HARRICANES													MINORS					REGULAR					SEASON
NAME	GP	AB	R	H	PO	A	E	2B	3B	HR	SB	SAC	HP	BB	SO	RBI	BAT. ADV.	FIELD ADV.					
D. DOWELL	20	71	38	43	30	6	5	11	7	4	27	0	1	11	3	39	.606	.870					
G. SAKAI	19	59	30	30	22	26	13	10	7	0	7	5	0	9	1	21	.508	.787					
T. JACKSON	15	53	21	18	5	7	16	1	2	0	13	0	2	6	10	11	.340	.429					
E. ADAMS	9	29	14	15	17	2	1	4	3	2	9	0	1	9	2	16	.517	.950					
G. DESCHAMPS	12	38	9	17	21	20	13	1	0	0	2	0	0	5	5	8	.447	.759					
R. STANBIBERT	8	14	11	6	1	3	3	3	0	0	4	0	1	13	6	5	.429	.571					
J. MAMRAGE	9	29	13	12	12	6	5	0	0	0	6	2	0	7	5	14	.414	.783					
S. TAILLON	14	45	18	16	13	25	7	2	5	1	6	0	0	7	6	14	.356	.844					
J. WREARIS	6	15	3	5	1	0	2	0	0	0	0	1	0	1	4	2	.333	.333					
J. CARRIE	8	25	13	8	1	19	1	1	1	1	3	0	0	8	4	6	.320	.952					
M. GRANT	7	21	13	6	3	4	6	3	0	0	3	0	1	4	2	1	.286	.538					
J. BELL	13	32	12	8	9	7	7	2	0	1	2	0	2	6	4	8	.250	.696					
B. CAVERIS	4	12	0	3	6	2	1	0	0	0	0	0	0	0	6	2	.250	.889					
G. MERRIFIELD	7	26	4	6	36	2	8	1	1	0	1	1	1	1	8	5	.231	.826					
V. CAVERLY	10	27	8	6	7	10	2	1	0	1	3	1	1	8	4	10	.222	.895					

J. HAGAN COMMISSIONER



## SOFTBALL

## LEAGUE

RAIDERS				MINORS				REGULAR				SEASON						
NAME	GP	AB	R	H	PO	A	E	2B	3B	HR	S/B	SHC	HP	BB	SO	LOB	BAT. ADV.	FIELD ADV.
L. MEREDITH	18	62	27	37	17	27	13	3	7	3	5	0	2	6	3	38	.597	.772
B. ANGUS	23	78	35	28	120	2	11	2	7	1	7	3	3	10	12	21	.359	.917
K. SEABROOK	23	75	26	26	26	40	7	2	2	1	4	2	0	13	9	23	.362	.838
A. BELLEMARE	20	50	15	10	19	5	6	0	0	0	6	1	0	9	8	5	.200	.800
B. ELLIOTT	1	3	2	2	1	0	1	0	0	0	0	0	0	0	0	0	.667	.500
J. PATTERSON	6	13	6	7	2	1	4	1	1	0	0	0	0	0	1	2	.538	.429
R. RICHARDS	4	12	1	5	1	2	1	0	1	0	0	1	0	0	2	1	.417	.750
R. M'GILL	13	37	8	15	11	10	6	1	2	0	4	0	2	0	4	11	.405	.778
K. FRISSE	14	45	19	18	15	2	4	7	2	1	3	0	0	0	7	7	.400	.900
S. BOYER	17	43	14	14	14	14	6	1	2	0	5	5	2	4	7	9	.326	.824
R. KILLIEN	10	19	9	6	8	3	3	1	0	0	4	1	1	6	5	7	.316	.786
G. GENTNER	15	42	16	9	10	2	3	2	1	0	2	3	0	7	8	11	.214	.800
B. BLANDILL	9	27	9	5	7	11	10	0	1	0	5	0	0	3	3	7	.185	.643
L. DARELL	4	12	4	2	2	3	1	1	0	0	0	0	0	2	0	4	.167	.833
W. JOHNSON	4	9	2	0	6	0	1	0	0	0	0	0	0	3	4	2	.000	.857

J. HAGAN

COMMISSIONER



## LEAGUE STANDINGS

MAJORS		REGULAR			SEASON
TEAM	GAMES PLAYED	WON	LOST	TIED	POINTS
BLUE JAYS	24	22	2	0	44
DODGERS	24	11	12	1	23
TIGERS	24	2	21	1	5

MINORS		REGULAR			SEASON
TEAM	GAMES PLAYED	WON	LOST	TIED	POINTS
ANIMALS	24	15	9	0	30
HURRICANES	24	13	11	0	26
RAIDERS	24	8	16	0	16

## TEN TOP BATTERS MAJORS

NAME	TEAM	GP	AB	H	BAT. ADV.
J. COOK	DODGERS	23	82	33	.402
J. CONLIN	BLUE JAYS	23	76	29	.382
I. CURRIE	BLUE JAYS	24	54	20	.370
G. PRINCE	DODGERS	23	76	27	.355
R. BAIBISTER	DODGERS	18	60	21	.350
P. FRANK	BLUE JAYS	20	62	21	.339
J. LANE	BLUE JAYS	24	78	26	.333
T. DESAULNIER	TIGERS	20	56	18	.321
→ G. BELL	DODGERS	22	80	24	.300 ←
→ T. MELANSON	BLUE JAYS	21	43	13	.302 ←



## TEN TOP BATTERS

## MINORS REGULAR SEASON

NAME	TEAM	GP	AB	H	BAT. AVG.
D. DOWELL	HURRICANES	20	71	43	.606
L. MEREDITH	RAIDERS	18	62	37	.597
B. TESLIC	ANIMALS	23	75	39	.520
G. SAKAI	HURRICANES	19	59	30	.508
W. TOULOUSE	ANIMALS	16	68	34	.500
W. WHITE	ANIMALS	13	55	23	.418
P. KITCHIE	ANIMALS	14	51	19	.373
K. SEABROOKE	RAIDERS	23	75	26	.361
D. ROBERTSON	ANIMALS	21	83	30	.361
B. ANGUS	RAIDERS	23	78	28	.359

BLUE JAYS AND ANIMALS ~~ARE~~ THE  
LEAGUE WINNERS. GOOD LUCK TO  
ALL THE TEAMS IN THE PLAY-OFFS.

COMMISSIONER

J. Hagan

\*\*\*\*\*

WISEACRE: How do you keep a turkey in suspense?

FOOL: How?

WISEACRE: I'll tell you tomorrow...



From LA ROCA, P.O. Box B,  
FLORENCE, Arizona, 85232

CHESS  
from the Penal  
Press 15

Checkmate! by Jim Morrow

The average chess player is often baffled when well-worn "opening" analysis shies away repeatedly from the win of a Pawn; at times the gain of material is sanctioned by theory, and we know that in most games, the advantage of a Pawn is sufficient for victory. Why the distinction? Why is it a good policy to win a Pawn in one case and avoid it in another position? Sometimes these questions are answered. A player captures a "freebie" Pawn--and as a result, loses the game. This also happens when the "freebie" is a Queen!

Here are a couple of examples of what often results from random "Pawn-snatching."

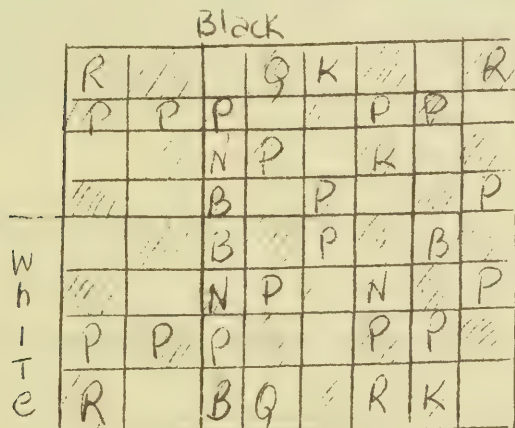
- |          |       |
|----------|-------|
| 1. P-K4  | P-K4  |
| 2. N-KB3 | N-QB3 |
| 3. B-B4  | B-B4  |
| 4. P-Q3  | N-B3  |
| 5. N-B3  | P-Q3  |

6. O-O (In the Giuoco Piano, it is often dubious policy to castle before the opponent's intentions have become clear. 6.B-K3 is preferable; if Black replies by 6... Bxb, then 7 Pxb will give White an open file for his King Rook after castling. The doubled Pawns in the center are not weak in this type of position.)

6... B-KN5

7. P-KR3 ? (It is generally best to avoid moving the Pawns surrounding the castled King.)

7... P-KR4



8. P x B ( 8 B-K3 is still correct. It is important to cut down the scope of Black's Bishop; or, in the event of an exchange of Bishops, to reduce Black's attacking prospects.)

8... Px P (The opening of the King Rook file is decisive.)

9. N-KN5 P-N6

10. N x P N x P

11. N x Q ( If 11 P x N, R-R8 ch!; 12 K x R, Q-R5ch ; 13 K-N1, Q-R7, mate.)

11... P x Pch

12. R x P B x Rch



13. K-B1            R-R8ch  
14. K-K2            N-Q5 mate

In this "Ruy Lopez", Black tempts his opponent by offer of a knight. White fails to realize what is behind the offer and moves directly into disaster.

1. P-K4            P-K4  
2. N-KB3          N-QB3  
3. B-N5           P-QR4  
4. B-R4           N-B3  
5. O-O            B-K2  
6. R-K1           P-QN4  
7. B-N3           O-O  
8. P-B3           P-Q4 ! ( The famous Marshall Attack, which must be met with the greatest of care.)  
9. P x P          N x P  
10. N x P          N x N  
11. R x N          N-B3 (Recent analysis suggests that 11. P-QB3 is best for Black; but the tricky text move also requires good defense.)  
12. P-Q4          B-Q3  
13. R-K1          N-N5  
14. P-KR4          Q-R5  
15. Q-B3          Nx P!  
16. Q xN (The obvious move is often the worst in some positions. White should play 16. R-K2).  
16 . . . . . B-R7ch ( A trap within a trap. If 16. . . B-N6, which looks good, White wins by 17. Q x Pch!, R x Q; 18. R-K8 mate).  
17. K-B1          B-N6 (Black's finesse to get White's King on B1 prevents 11. Q x Pch, as after 18 . . . Rx Qch White would have to get out of check first, and have no time for his mating ideas.)  
18. Q-K2          B xP  
19. Px B          QR-K1  
20. Q xR          Q x Pch  
21. K-K2( Or 21. K-N1, Q-R7ch; 22. K-B1, Q-B7 mate.)  
21. . . . . R x Qch  
And Black wins.

\*\*\*\*\*

POETRY by Michael McGuire in LA ROCA

### Love Song

I'd like to put you to music  
or to the sun or to the milkwhite moon  
or to the flaxflowers or the wings of blue butterflies  
or to dancing fountains to strike lightly on  
the ears of heaven  
I'd call you Love Song....



JOHN HOWARD SOCIETY OF KINGSTON & DISTRICT  
771 $\frac{1}{2}$  Montreal St. Kingston, Ontario. K7K 3J4 Telephone 542-7373  
WOMEN'S GROUP

When a man is imprisoned, there are heavy demands on the mother, wife, girlfriend and children. There are the problems of loneliness, of budgetting on Mothers' Allowance, of trying to understand the prison system and parole process, adjusting to the man's absence and imprisonment, helping him return to the family perhaps via a Half Way House, helping the children work through their own problems.

The stigma of imprisonment causes families to hide their problems rather than to seek help; a lot of mothers in this situation try to hide away until the man returns to take up the reins of family management again.

Since last February, the John Howard Society of Kingston has organized a Women's Group Programme designed to help with these problems, both on a Group and an Individual basis. The Group meets at St. Paul's Anglican Church one night each week. Child Care is provided in a separate room, and transportation is available by way of a borrowed bus.

The aims of the Group are as varied as its members and each woman brings different needs, and attends for different reasons. A major aim is to increase family stability, to enable the family to stay together on the street longer, if not permanently on his release. To achieve this, our programmes are planned as the women identify their own problems and needs during discussion and counselling sessions. Speakers for our meetings come from agencies such as Family Counselling Services, Addiction Research Unit, Social Services, Women's Centre, Half Way House and Parole Services. There is a film each month on different aspects of life inside a prison, to help the Group understand some of the day-to-day happenings in the lives of their men.

Maria Neil  
Co-ordinator of  
Women's Group

The Women's Group of the John Howard Society wishes to encourage communication between men on the inside and their families on the outside. The following letters have been written by individual members of the group for inclusion in prison newsletters.

The John Howard Society is known world wide. To me it is an organization where a person can go and meet other women who are going through a life of loneliness while their loved ones are doing time. I always thought that I was the only one who had problems, but since I started going to the Women's Group every Thursday night, there are a lot of women that are in worse shape than I am. It gives me pleasure to know that there are some women worse than I am. But all in all it's one night a week out of the house to be able to sit down over tea or coffee and just talk. But some of the films really teach a person a lot they never know about the inside life in a penitentiary. I know I have learned a lot from the few films I have seen.

But it isn't all so bad when I know I have Thursday nights to look



forward to being able to laugh joke and carry on. It's just wonderful. I know I enjoy it. So keep up the good work. Lots of Luck.

Doreen

\*\*\*\*\*

I think the Women's Group is good for us women on the outside while we are waiting for our husbands. It helps me to meet and associate with others. It helps my child to get a chance to meet with other children his own age and a chance to get along with others. So in my opinion I think it is good for my child.

The John Howard Society has helped me and my child a great deal.

Gail

\*\*\*\*\*

Every Thursday evening a widely-assorted group of women and children can be seen entering one of the local church halls in Kingston. Some weeks there are only a handful present, other weeks the number swells to the twenties. The occasion?--that's easy! It's the weekly get together of the John Howard Society's Women's Group.

Sounds rather official, doesn't it? The phrase "women's group" always brings to my mind a clear picture of a bunch of middle aged ladies dressed in Sunday bonnets and white gloves, busily sipping tea and gossiping about the neighbors. This description is about as far as you can get from our little group.

Perhaps "Wives and Families" would be a better name for us, because that's exactly who we are, the wives, girlfriends, children and families of inmates of the penal system. Most of us are not natives of Kingston and area, we have come from all over to be close to our husbands and fathers. And the group serves that very strong need for friends and companionship that we all feel in a strange situation or strange place.

It is comforting to be able to openly discuss all the problems, that we, on the outside have to face and deal with each day. It is such a relief to realize that you are not the only one with problems and it helps to hear how others manage to solve their special version of each common difficulty.

Now, don't get the idea that we sit around moaning and crying and feeling sorry for ourselves, because we don't. But if one of us has a problem or a question, the rest are very glad to offer all the advice and help they can.

So, you wonder, what do we do at these meetings? What ever we would like to do actually. We've had films on various topics of interest. And guest speakers are always welcome. We've had visits from parole officers, ministers and social workers. Our programs are pretty well decided amongst ourselves. We simply talk about what we'd like to do, and then try to arrange a speaker or films or whatever is needed.



To sum it all up, our meetings are a weekly social evening out. They are a chance to relax over a cup of coffee and conversation with old friends, a place to meet new friends. They are a place to find help and the answers to questions. They are one sure spot to find support and encouragement during all your triumphs and defeats, large or small. I guess the best way to say it is this: John Howard Wives and Families meetings are what you need when you need it!

Do you know someone who might like to come and join us? We'd love to have them!

Nancy

\*\*\*\*\*

A poem from one member of the Women's Group, sums up her feelings at the end of a day sometimes.

#### A PRAYER FOR CROSS MOTHERS

"Oh God, I was so cross to the children today! Forgive me. I was discouraged and tired--and I took it out on them. Forgive my bad temper, my impatience and, most of all, my yelling. I am so ashamed as I think of it.

"I want to kneel down by each of their beds, wake them up and ask them to forgive me. But I can't.

"They wouldn't understand. I must go on living with the memory of this awful day, my unjust tirades.

"Hours later, I can still see the fear in their eyes as they scurried around, trying to appease me--thinking my anger and maniacal raving was their fault.

"Oh God, the pathetic helplessness of children! Their innocence before the awful monster--the enraged adult.

"And how forgiving they are, hugging me so fervently at bedtime, kissing me good night.

"All I can do is straighten a cover, touch a small head burrowed in a pillow and hope with all my heart that they will forgive me.

"Lord, in failing these little ones whom you have put in my keeping, I am failing you. Please let your infinite patience and goodness replenish me for tomorrow."

Chris



# WHAT DO YOU KNOW ABOUT NUTRITION?

by Dennis Bally

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## 1. WHAT IS A CALORIE?

Technically, a calorie is the amount of heat required to raise the temperature of 1 gram of water 1 degree celsius.

For our purposes, we are concerned with the number of calories in each type of food. The calorie values of different foods have been calculated by scientists in laboratory conditions, and are available in calorie book-lettes.

## 2. THE CALORIE CONTENT OF FOOD

The calorie content of food is dependant upon:

- i) the type of food (ie carbohydrate, protein, etc.)
- ii) the method and degree of processing or cooking

ie. one medium potatoe	raw .....	80 cal
one medium potatoe	peeled& boiled.....	105 cal
10 french fries	fried.....	155 cal
10 french fries	frozen and heated.....	125 cal.

## 3. FACTORS AFFECTING CALORIE USE:

### 1. TYPE OF ACTIVITY:

- \*the more strenuous.....the more calories required
- \*the longer the activity...the more calories required
- \*the more active the person...the more calories required

### 2. AGE:

- \*high calorie intake required from birth until end of teenage growth period
- \*reduced calorie intake required from end of teenage growth period

### 3. SEX:

- \*women are smaller than men therefore require less calories

### 4. CLIMATE:

- \*hotter climates tend to result in slower life styles which require less calorie intakes.



4. THE PRE-GAME MEAL:

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The facts surrounding the pre-game meal have been badly distorted throughout the years by coaches and trainers. Some poor practices have now become tradition... for example, the college teams insistence on the pre-game steak meal.

The following presentation will hopefully clear up some of these misconceptions.

1. General Rules:

\*when considering the pre-game meal....consider

FOOD FOR ENERGY, LIQUIDS, & SALT  
don't consider just food

\*the pre-game meal by itself cannot produce super  
performance

\*too little is better than too much

2. Factors to Consider for the Pre-Game Meal:

i) Nature of Activity:

\*the more vigorous the sport, the more calories are required  
ie a bowler needs fewer calories than a wrestler.

ii) Duration of Activity:

\*the longer the activity...the more calories required  
ie. the marathon runner (2 hours plus) requires more calories than the sprinter (3 minutes and less)

iii) Environment Factor:

\*Sports in cold temperatures require more calories in order to maintain the internal body temperature

\*Sports in heat/humidity conditions require less calories to maintain body temperature but require more attention towards the water and salt loss. aspects.

iv) Time Before Competition:

\*the more time before competition, the more can be eaten

\*a full pre-game meal should be eaten 3-4½ hours before competition.

\*in events of low intensity (ie rifle shooting, archery, etc) the pre-game meal can be eaten within an hour of competition.

v) Emotional Make-up of Athlete:

\*the more nervous the athlete, the longer digestion will take.

\*the nervous athlete should avoid bulky, hard to digest foods.



4. THE PRE-GAME MEAL:

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3. Foods To Avoid:

a) Fats: fats are the slowest food to digest. They should be eaten at least 4 hours in advance of the competition.

b) Protein: protein can be part of the pre-game meal if it can be eaten at least 4-4½ hours before the competition.

\*in addition, protein will create an urinary impulse after digestion. Therefore a long distance competitor should avoid protein... a marathon runner cannot stop long enough to take a leak in the woods!!!!

\*competitors in short distance events do not need to worry as much about the urinary impulse.

c) Gas Formers: these foods should be avoided as they cause bowel discomfort.

d) Bulky Foods: \*These foods should be avoided because they stimulate bowel movement. Long distance, long duration competitors, should especially avoid these foods.

<u>AVOID</u>	<u>SUBSTITUTE THESE</u>
raw fruits and vegetables	cooked fruits and veg.
whole grain products	fruit and vegetable juice
gravy	noodles and potatoes
	cheese and eggs

\*These types of foods can be eaten providing they can be eaten 4-4½ hours prior to competition.

4. Liquid Considerations:

a) Liquid considerations in pre-game meals are dependant upon:

i) temperature and humidity: the higher the temperature and humidity, the greater the degree of water/fluid loss and therefore the greater the importance of liquid replacement (both pre-game and during competition)

ii) Sweat reate of the individual

iii) Duration of the Exercise/Event: the longer the event, the more important liquid replacement becomes



4. THE PRE-GAME MEAL:4. Liquid Considerations:b) Recommendations:

\*In order to generally prevent dehydration in competing athletes, it is recommended that the pre-game meal contain 1-3 cups of liquid.

\*Liquid replacement during competition will be discussed in a later issue.

c) Liquids to Avoid: Coke, Coffee and Tea

All these liquids are very high in caffeine which is a stimulant of the central nervous system. This portion of the nervous system, when stimulated, causes higher respiratory rates, higher heart rates, and an increased burning of energy....all undesirable factors to an athlete preparing for competition.

d) Liquid Meals:

As we mentioned before, certain athletes are more nervous before competition than others. In fact, some athletes can not keep solid food down. Therefore, some college teams have been using the liquid meal (a very high carbohydrate drink) which is quickly and easily digested and can be kept down.

SUMMARY:

The preceeding pages have covered some of the important factors regarding calorie useage. The section on the pre-game meal points out several factors affecting the selection of the pre-game meal, some foods to avoid, and the importance of liquid ~~xxx~~ preparation in the pre-game meal.

IN THE PRE-GAME MEAL, REMEMBER TO THINK ABOUT

FOOD FOR ENERGY, LIQUIDS, AND SALT

AND NOT JUST ABOUT FOOD.

The next page gives some pre-game meal examples at various times before competitions. You do not need to follow these exactly....use them as guidelines to create your own pre-game meals.

NEXT ISSUE: The next issue will cover some of the points regarding water loss, and replacement; salt loss and replacement; and nutrition during competition.



WHAT DO YOU KNOW ABOUT NUTRITION?

PRE-GAME MEAL EXAMPLES BASED ON DIFFERENT TIMES TO COMPETITION

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A. 4 HOURS BEFORE COMPETITION:

potato  
lean meat (broiled not fried as the fat will slow down  
the rate of digestion)  
peas  
pudding or jello  
cookies  
milk

B. 3 HOURS BEFORE COMPETITION:

soup  
small piece of fish or chicken (not fried)  
baked potato  
beans  
jello  
juice

C. 2 HOURS BEFORE COMPETITIONS:

juice  
pabulum with milk and sugar

D. 1 HOUR BEFORE COMPETITION:

milk chocolate bar  
juice.



# SUGAR SUPPLEMENTS AND ATHLETICS

by Dennis Bally 22  
Recreation Department

Sugar supplements are used by nearly every athlete... whether they are used correctly and at the right time is another matter.

This article is designed to give you some up-to-date information regarding sugar supplements.

## 1. Functions of sugar supplements:

- a) they increase the ability to continue performing in endurance events
- b) they relieve fatigue

## 2. Sports Benefited:

- a) sugar supplements do not seem to benefit short duration, low intensity sports (ie rifle shooting archery, etc).
- b) they can serve greatly in the long distance, long duration events
- c) they can serve to aid in the speed of recovery of team events, (ie volleyball) or events that are spaced out over the day (ie track events) providing that they are taken at the correct time. The sugar supplement may not benefit the athlete in the immediate game but may be used in the game  $\frac{1}{2}$  hour later.

## 3. Best Sources:

- a) Table sugar & } Best Sources  
honey

NOTE: honey is no better source of sugar than table sugar....this is one misconception.

- b) Carbohydrate sugars .....ie dried fruits  
Carbohydrate starches...ie breads and potato

## 4. Time Consideration:

Many athletes believe that sugar supplements become "instant energy" and wrongly take the supplement as they step onto the track or field.

\*

SUGAR SUPPLEMENTS PEAK  $\frac{1}{2}$  HOUR AFTER INTAKE

Therefore, any honey, sugar, etc should be eaten approximately  $\frac{1}{2}$  hour before competition.

## 5. Recommended Amounts:

- a) It is recommended that no more than.....

\*

50 GRAMS ( 3 ROUNDED ~~XXXXXXXXXX~~ TABLESPOONS) / HOUR



5. SUGAR OVERDOSE:

Unfortunately, some athletes feel that if some is good then a whole bunch is better. This is definitely not true with sugar.

\*all sugar supplements must be taken in DILUTED FORM

\*liquid is required in the digestive tract before the sugar can be absorbed.....therefore all sugar supplements should be taken with fluid

\*if fluids are not used to dilute the sugar supplement, then body fluids are drawn into the intestinal tract thus DEHYDRATING THE BODY. As a result of this dehydration, poor performances occur (especially in endurance events).

6. SOME MISCONCEPTIONS AND FACTS:

a) Misconception: Honey, glucose or other quick energy foods eaten before events of short duration will enhance performance.

Fact: energy needed for short duration activities are found within the body. The sweets will help REPLENTISH ENERGY STORES DURING RECOVERY.

Remember, it takes sugar supplements  $\frac{1}{2}$  hour to peak from the time of intake.

b) Misconception: Honey- the more the better-, it is the best source of quick energy.

Fact: Both honey and table sugar are digested rapidly and their glucose is available to the body quickly. Honey is not superior to other common sweets. Unfortunately, dietary quacks have falsely promoted honey as a sweet that they say is better tolerated than other sugars.

(Reproduced from: Nutrition for Athletes, A.A.H.P.E.R., 1971.)



## TIPS FOR RUNNERS/JOGGERS

by Dennis Bally 24  
Recreation Department

### 1. FOREWORD:

The following are some tips to consider before starting your jogging or running program:

a) pick out a comfortable pair of runners that fit well and give comfortable arch support.

b) IF YOU HAVE NOT EXERCISED REGULARLY FOR AT LEAST 3 MONTHS, YOU ARE ADVISED NOT TO START STRAIGHT INTO A JOGGING PROGRAM. Instead, you should undertake a 6 week conditioning program which will gently ease you into the running program.

An example conditioning program would include:

- \*warm up stretching exercises before each workout for the groin, legs, waist, and shoulders
- \*2 weeks of walking moderate distances progressing into:

- \*2 weeks of jogging broken by rest periods of walking, progressing into:

- \*2 weeks of jogging moderate distances and increasing the distance as your fitness level develops

- \*warm down exercises after every workout to prevent muscle stiffness.

- \*for a more individualized conditioning program see one of the Recreation Officers.

c) If anyone has had a heart condition before, they should consult their doctor/institutional doctor to ensure that it is safe to commence such a program and if there are any limitations.

d) Always warm-up before starting your jogging and always warm-down after jogging/running.

### 2. TIPS FOR JOGGERS:

#### a) Body Position:\*

- \*joggers will assume a relaxed attitude when running. If they are tense, they restrict body movement and burn energy needlessly.

- \*a jogger will assume a more upright stance with only a slight body lean forward

- \*the arms are held up across the chest and in a relaxed position.

- \*the arms should be allowed to move in a short circular action across the body to absorb some of the upper body movement

- \*the hands should not be clenched tightly...but held loosely.



2. TIPS FOR JOGGERS (continued):

a) Body Position:

- \*the head should be held loosely and allowed to roll slightly with the stride
- \*if the jogger is getting tight in the neck and shoulder area as he runs, he may try running a few strides with his arms held down by his side

b) Leg Action:

- \*the lead foot should contact the ground directly under the center of gravity of the body
- \*the rear foot should not be raised higher than the knee of that leg as it comes up off the ground after the push-off...the high knee action of sprinters is not required by the jogger as the stride length and speed of leg action is not as great.
- \*the rear leg is not fully straightened before the recovery phase is started

c) Ground Contact:

- \*the jogger should contact the ground with the sole of the foot or the heel and then rock forward onto the ball of the ~~XXX~~ foot
- \*contact time with the ground is very short.

d) Stride Length:

- \*the most important thing here is to remember that what is comfortable for some is not for others... experiment and find a stride that fits you and that you feel comfortable and relaxed with.

REMEMBER...RELAX WHILE JOGGING AND  
CONSERVE ENERGY



EXAMPLE OF THE RELAXED JOGGERS STRIDE

3. TIPS FOR THE SPRINTER:

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a) Body Position:

- \*the sprinters stance when upright (after coming out of the blocks) is such that the head and back are in a straight line
- \*the body has a 25-30 degree angle from the vertical
- \*the arms swing in front up to shoulder level and in the direction of travel
- \*a vigorous arm action is required to accompany vigorous leg action...it absorbs some of the body and shoulder movement
- \*the hand is kept cupped with the thumb against the forefinger to aid in relaxing the upper body and arms
- \*the whole body should be as relaxed as possible

b) Leg Action:

- \*a high knee lift is required to allow the long stride
- \*the high knee recovery also allows the leg (rear) to be brought from the rear to the front more quickly since it is in a compact form
- \*the rear leg foot should be slightly higher than the knee
- \*the rear leg is fully extended before the recovery phase is started

c) Stride Length:

- \*a long stride is required and will vary from athlete to athlete. It is suggested that a stride of 6-9 feet from right foot to left foot is favourable
- \*NOTE: the athlete should not sacrifice the number of strides for an exaggerated long stride

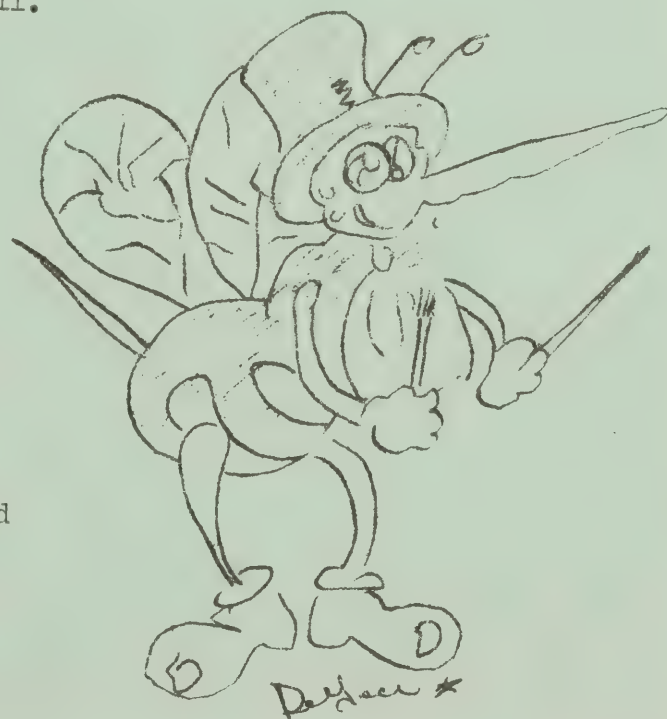


AN EXAMPLE OF THE MORE PRONOUNCED AND POWERFUL STRIDE OF THE SPRINTER



PAUL GRAVELLE'S COLUMN

- People are always ready to admit a man's ability after he gets there.
- The biggest things are always the easiest to do because there is no competition.
- If you don't care who gets the credit you can accomplish anything.
- About the only good thing you can say about old age is that it is better than being dead.
- When a man is wrong and won't admit it, he always gets onery.
- It's easy to take things philosophically if they don't concern you.
- Unemployment is not working.
- Truth I have no trouble with; it's the facts I get all screwed up.
- I'm constantly reminded of what my father told me: the moon shines just as much on a handful of water as on a lake. We may find truth under a pebble. Truth is probably very small.
- Transcendental Meditation: a prolonged effort to think of nothing.
- Looking forward to things is half the pleasure of them.
- Every woman needs one man in her life who is strong and responsible. Given this security, she can proceed to do what she really wants to do—fall in love with men who are weak and irresponsible.



Facts from Guinness Book of Records, 1977

Tallest Man : Modern opinion is that the tallest recorded man of whom there is irrefutable evidence was Robert Pershing Wadlow, born in Alton, Illinois, on February 22, 1918. Weighing  $8\frac{1}{2}$  lbs. at birth, his abnormal growth began almost immediately. Dr. C.M.Charles, Associate Professor of Anatomy at Washington University School of Medicine, in St. Louis, measured him at 8 feet , 11.1 inches on June 27, 1940, with weight 439 lbs.

Tallest Woman : Sandy Allen, born June 18, 1955, in Chicago. In September, 1974, she measured 7 feet 5  $\frac{5}{16}$  inches and was still growing. At birth she weighed  $6\frac{1}{2}$  lbs and in 1974 weighed 421 lbs, took a size 16EEE shoe and used 6 yards of material to make a dress.

Shortest Mature Human : Pauline Muster("Princess Pauline"), a Dutch midget. Born February 26, 1876, she measured 12 inches at birth. At her death she was measured to be 24 inches tall. Her mature weight varied between  $7\frac{1}{2}$  and 9 lbs and her "vital statistics" were 18 $\frac{1}{2}$ -19-17.

Most Variable Stature

Adam Rainer, born in 1899 in Graz, Austria, measured 3 feet 10.45 inches at the age of 21. But then he suddenly started growing upwards at a rapid rate, and by 1931 he had reached 7 feet 1  $\frac{3}{4}$  inches. He became so weak as a result that he was beridden for the rest of his life.

Greatest Height Differential

When Don Koehler at 8 feet 2 inches, the world's tallest living man, met Mihaly Meszaros( known as "Mishu") at 32  $\frac{5}{8}$  inches one of the world's smallest living men on the TV Special "The 2nd David Frost Presents the Guinness Book of World Records," on April 5, 1974. Rebroadcast, 1978.

Tallest Race in the World

Tutsi(also called Batutsi, Watutsi, or Watussi), Nilotic herdsmen of Rwanda and Burundi, Central Africa, whose males average 6 feet 1 inch, with a maximum of 7 feet y inches. Other tall tribes: The Crahiacoro Indians in the border states of Mato Grosso and Para ,in Brazil, with males averaging 6 feet 6 inches; the inhabitants of Barbuda, Leeward Islands and the Tehuelches of Patagonia also being reported to be tall.

Lightest Human Adult

Lucia Zarate of Mexico weighed 4.7 lbs at the age of 17 and stood 26 $\frac{1}{2}$  inches tall. At birth in 1863 she weighed 2 $\frac{1}{2}$  lbs.

Heaviest Human of all time

Robert Earl Hughes of Monticello, Illinois, born 1926 had a recorded weight of 1,069 lbs in February, 1958. His waist was 122 inches, his chest 124 inches and upper arm of 40 inches.



*Advance-Track*

This column will deal exclusively with all aspects of tape recordings. Trades, sales, and occasionally reviews. Anyone wishing to use this service can direct all enquiries to this column, in care of the ADVANCE.

We have on hand a number of tapes, from western to jazz. Here is a partial list;

<u>WESTERN</u>	<u>ROCK</u>	<u>MISC.</u>
DOLLY PARTON	ELTON JOHN	CURTIS MAYFIELD
JERRY REED	JOE COCKER	STEVIE WONDER
FREDDY FENDER	EDGAR WINTER	CAROLE KING
	WAR	DYLAN
	SUPERTRAMP	MAMAS & PAPAS
	E.L.O.	
	LIGHTHOUSE	
	DELANEY BRAMLETT	

We are thinking of expanding this service to include lending tapes on a weekly basis, but in order to do this we will need the full cooperation of you people in the population.

Ernie Hewitt 8378



"...and he said a Day Parole would be fine unless you wanted to smarten up and put him in for a Full Parole..."

WHY I DRINK from Liv M'Lea ,who heard it in Norway...

"You want to know why I drink? Well,...I married a widow with a grown daughter. My father, who lived in our house, fell in love with this daughter and married her. My father is now my new son-in-law and my step-daughter is also my mother. My father is my wife's father-in-law but also her son-in-law. My wife's daughter is my wife's mother-in-law and my wife is also her daughter's daughter -in-law.

"My wife and I had a baby boy, he's my father's brother-in-law, but my dad is his grandpa. My son is also my uncle, because he is brother to my mother who is my son's sister as well as grandma.

"My dad's marriage was blessed with a baby boy too. His son is my brother, my grandchild and brother-in-law to my wife at the same time as he is her daughter's son. She is also his grandmother and sister-in-law.

"My wife is my grandmother because she is mother to my mother. And if my grandmother's husband is my grandfather then that makes me my own grandfather.

"And if all that's not good reason to drink, nothing is!".....





Beware all you who have scerets, and hidden quirks because the SNOOP is here, and he will find you out. Of course, if you have anything juicy to tell the SNOOP just drop a note to the Editor of this fine piece of garbage wrap and he'll clue me in.

Is there any truth in the rumour that the books, the umpires are using in our league are printed in Braille? .

Noticed that most of the prizes won on the last long week-end wound up in the oldsters hands. Shame on you young bucks.

Talking about the long weekend, did you notice the Gay Caballero roaming the yard looking for the beauty contest.

Heard the A.A. anniversary went over with a big splash, at least with a couple of the members at least.

Thought I'd seen it all until I noticed two applications for the Weight Gainers of America, with BILL & MOE'S names on it.

By the way SKIP, has that guy finished the wash yet and started on the weights, or is he still waiting for them to dry?

Was down in the local Tonsorial Parlor the other day, and can only say one thing, some people there have got a sure job when there realeased, on a sheep ranch in Wyoming.

After watching a commercial about Clorets, I checked with a friend, and he assured me that it'll never take the place of Listerine. Right LARRY.

I wonder who that fellow with the bald head is trying to fool with those walking exercises? He says it is to lose weight, but we know better, it has to be a bet, as he doesn't do anything unless there is a profit in the end.

Did you know we have our own Astronaut? L. was so high last week he brought down rain when he returned.

That one way to the States better arrive soon before some of our local D.P.'s will be so fat they wont be able to get on the damn thing.

Is it true that MIKE is going to sue the groundskeepers, because he tripped over home plate? How long will it take them to pay off a million dollar law suit on Grade 1?

Still trying to find out who is to blame for the lack of competition for the Jets, but of course if that phoney Frontenac League hadn't of decided to fold last winter, we would of had lots of notice for this ball season.

Heard a ball fan spouting off about his athletic ability the other day, only who the hell needs a All-Star Goaltender in July? I'll bet he becomes a ball player around the time cold weather sets in.

CLASS OF THE MONTH AWARD goes to the guys who always seem to show up for a coffeee from the AA meeting

in the middle of the outside speakers talk, and keep on barging in. Now thats class, with a capital "K".



Well STEVE you've finally done it, According to my sources ROCKY claims that he has mastered the Master in Bridge, and after giving you the old skunkeroo he is thinking about giving you lessons. Cheap too.

ALIKY you had better stick to drinking gin, be course you sure as hell can't play it.

Heard that someone tried to bribe an umpire with a case of pop, whoever made the offer was sure offside, he should of made his contribution to the church, because only God can change the way he plays.

Have you tried one of LEN's shaves? He takes more strokes than a channel swimmer, but like them he gets the job done.

The hunger strike was a success/contrary to all free world news agency, and I hear that the next time it may become a full day of remembrance, no food, no work, no nothing. Makes good sense to me.

Heard a good one the other day, a guy compared our pass board with the Ti/Cats, it seems neither one of them know how to complete passes, in fact their pass plan, is next to nil.

Didn't realize we had that many Mexicans around here first all those pretty Federale uniforms, and then during the last long weekend, I hear we had a visit from the GAY Caballero. (Could it of been ALICE in disguise?)

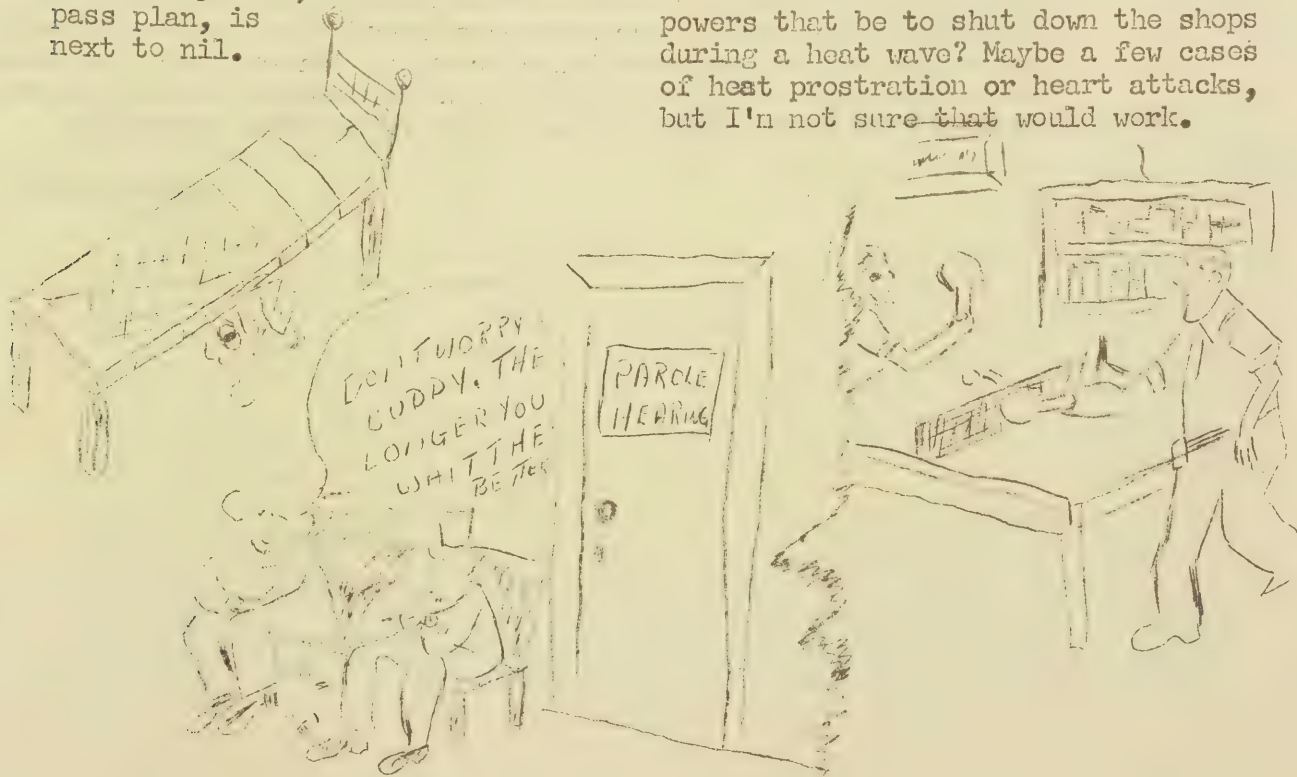
(Ed. Note:) SMOOP, that is the second time you've mentioned the Gay Caballero, are you his Press Agent?)

The word is out that MAGGIE is going to train hard this bit, and go into women's lingerie when free again.

AL what are you doing with all those extra stamps now that you don't have to write Ottawa so often?

Funny that the guys in the Pilot can't get a haircut during working hours, but the staff there can. Is it in their contract as part of the pay?

What will it take for the powers that be to shut down the shops during a heat wave? Maybe a few cases of heat prostration or heart attacks, but I'm not sure that would work.





ONE OF THE LADIES LETS FLY...Doing Time Is No Picnic by Jo-Anne Lee

Editor,  
The Intelligencer:

I am writing in response to an article which appeared in your editorial page. Richard Jackson, your Ottawa correspondent, was attempting to evaluate the prisoner exchange which recently took place between Canada and the United States.

I am constantly appalled by the total lack of knowledge the average citizen has of our penal system. It is through articles such as Mr. Jackson's that this ignorance is perpetuated.

He would give us the impression that life in Canada's prisons is so luxurious that people are clamoring to be admitted. At the same time, he mentions "easy parole," implying as well that it is easy to get out. If being an inmate in a Canadian penitentiary is so wonderful, one wonders why anyone would apply for parole.

Mr. Jackson should have taken the time to get his facts straight. Prison is not a life of comfort, splendor, or privileges. And parole is not easy either to achieve or to live under.

Harold Ballard may have termed his period of incarceration as similar to time spend at a holiday resort, but Harold Ballard was not a prisoner at Millhaven. He was, in fact, in the minimum security facility at Bath. It lies in the shadow of Millhaven, but bears no resemblance to it whatever, either in physical construction or in lifestyle.

Further, if Mr. Ballard's description of his time there is accurate, then you may rest assured that the treatment accorded him was far different than that given to less affluent, less influential residents. I have visited that facility as well as some others, and not one of them would be my choice for an ideal vacation spot.

Prison, Mr. Jackson, is a very bad place to be. It is a demeaning, damaging, hideous existence. It is wrong to mislead an already ill-informed public with your erroneous descriptions of the lifestyle there. It makes the overburdened taxpayer angry, for entirely the wrong reasons, about the waste of his tax dollar. And it would certainly do nothing to dissuade a wavering youth from a life of criminal activity.

JO-ANNE LEE

QUANTUM THEORY from The Nature of Matter by Otto R. Frisch

1972 Thames & Hudson, London

We can all apply Newtonian mechanics without thinking, as when we aim a pebble at a tree stump; more consciously, a gunner uses Newton's laws in lobbing a shell onto a distant target. His aim may be uncertain by many yards, but he does not attribute this to errors in Newton's laws; he blames imperfections in his gun, or variations of the propellant charge, or perhaps the wind. The laws of classical mechanics were thought to be completely accurate and are indeed vindicated by the motions of the planets, and nowadays, of artificial satellites. True, when objects move at speeds not negligible compared with the speed of light it is necessary to use a modification of Newton's theory which arose out of calculations by Lorentz and Einstein and is known as the relativity theory; but this makes practically no difference to the motion of atoms or molecules, whose speed is about one millionth of the speed of light. Yet we have seen that some features of the behavior of atoms and molecules conflict with the laws of classical mechanics. Not in the case of single gas atoms: the specific heat of mon-atomic gases like helium or neon came out correctly. The trouble started with molecules consisting of two atoms, like oxygen molecules. Those two atoms ought to be capable of oscillating, like two weights connected by a spring; but that oscillation was found not to contribute to the specific heat, except at very high temperatures. Solid bodies usually behave as expected at room temperature, but again the mutual oscillation of their atoms contributes less and less to the specific heat as the bodies are chilled. So it seems that classical mechanics cannot be applied to oscillating atoms. How can one rectify that defect and yet leave the successes of classical mechanics intact?

#### Energy Steps

Let us start by considering a simple oscillating system: a pendulum, just a weight hanging on a string. If we pull the weight to one side it is raised slightly, and its potential energy is increased. We now let it go: it begins to move, converting its potential energy into kinetic energy, which reaches a maximum as the weight passes through the lowest point. For the rest of that swing its kinetic energy is once more converted into potential energy until it is all gone, and the pendulum, after an instant of rest, starts on its downward journey again. If there were no friction the pendulum would keep swinging indefinitely; and although kinetic energy keeps changing into potential energy and back again, the sum of the two--the total energy--remains constant.

In classical mechanics the total energy can be freely chosen (within reasonable limits) by releasing the pendulum from the appropriate height. But in quantum mechanics this is not so: the energy of an oscillating system (like a pendulum) is "quantized," that is to say it can have only certain discrete values, separated by equal steps. The magnitude of those energy steps is found by multiplying the frequency (the number of oscillations per second) with a certain constant of nature,  $h = 6.6 \times 10^{-34}$  joule-sec., usually called Planck's constant.

That is a very astonishing statement: but before dealing with some obvious objections let us look at some of its consequences. The pendulum of a grandfather clock takes, say, two seconds for a full swing; so the frequency " $\nu$ " is 0.5/sec and the energy step is  $h\nu = 3.3 \times 10^{-34}$  joule. That is an exceedingly small fraction of the typical energy of a clock pendulum--about one thousandth of a joule. Hence the quantized energy



values are so close together that for all practical purposes they may be considered continuous, just as in classical mechanics.

The quantization of energy applies not only to a pendulum but to any kind of oscillating system. For instance, a piano string has a higher frequency, and accordingly the energy steps are bigger; but even for the top string of a piano, oscillating about 4,000 times a second, the energy step is only  $2.6 \times 10^{-30}$  joule. However softly the string is sounded, its energy will amount to a very great number of these energy steps. Indeed it will even if we don't sound it at all, for the string is bombarded by the surrounding air molecules and is thereby kept in a state of slight oscillation. Its mean energy, according to the equipartition law, is about the same as that of a single atom, about  $10^{-20}$  joule. Even that very small energy is many million times greater than the quantum step; so the laws of classical mechanics will be quite accurately obeyed, including the equipartition law which follows from them.

The picture changes, however, when we consider the oscillations of molecules. If, for instance, the two atoms in an oxygen molecule could be pulled apart slightly and then released they would oscillate about  $3 \times 10^{14}$  times every second, some ten thousand million times the frequency of the highest sound we can hear. For such rapid oscillations the quantum step comes to  $1.5 \times 10^{-20}$  joule, about twice the mean energy which the equipartition law would allot to the oscillation of the oxygen atoms in the molecule.

Under those circumstances we can no longer apply classical mechanics. The equipartition law will no longer hold, and it is easy to see why it must fail: very few collisions at room temperature will have enough energy to change the oscillation by even one quantum step. But if the collisions do not change the state of oscillation then the energy of oscillation behaves as if it was "frozen in," and that is exactly what we have found by measuring the specific heat of oxygen. When the oxygen is strongly heated, the specific heat goes up as if the oscillations were being thawed out; this "sensible" behavior of the molecules can now be understood since at the higher temperature some collisions will be violent enough to change the oscillation from one quantum state to the next. At white heat one might expect most of the collisions to be sufficiently violent so that the stepped nature of the energy scale becomes irrelevant and the equipartition law becomes valid; and the measurements show this to be so.

The behavior of solids can be similarly explained, even though the oscillations of atoms in solid matter are very complicated. Each atom is tied to its neighbors and through them to all the other atoms; this gigantic network can sway and wriggle in an enormous variety of ways; the frequencies in a chunk of copper, for instance, range from a few thousand up to  $10^{13}$  oscillations per second. But all these oscillations have energy steps, smaller than the mean thermal energy at room temperature; classical mechanics is therefore applicable and predicts the correct specific heat. As the copper is cooled, the oscillations begin to freeze, first those with the highest frequency (which have the biggest quantum steps) then gradually those of lower frequency; but however cold we make the copper, there are still many oscillations which get their full share of energy under the equipartition law. So the specific heat of copper and other solids should drop gradually with falling temperature, in a way that can be calculated; if the calculations are compared with actual measurements one finds very good agreement.

Those two examples should be enough to indicate how quantum mechanics accounts for those observations which were in contradiction with the equi-

partition law and thus with classical Newtonian mechanics. Actually the quantization of energy in oscillating systems can be demonstrated in many other ways; there is a great deal of direct evidence. But the best evidence may fail to convince a jury unless there is moral evidence as well; they will be reluctant to condemn the accused unless they feel in their bones that he is guilty. For that reason I want to repeat the accusations against the equipartition law: it is a pedantic law, and the actual behavior of atoms is much more reasonable. That may seem a vague "unscientific" argument, but it is a moral one; I feel in my bones that the Newtonian system of mechanics cannot be right since it would compel atoms to behave unreasonably.

But isn't quantum mechanics even more unreasonable? How can the energy of a pendulum be limited to certain "discrete" values? Why can't we give any energy we like to a pendulum, simply by releasing it from the required height? Where is the policeman who prevents an oscillator swinging with a "forbidden" energy?

Objections of that kind can easily be multiplied. All the same, quantum mechanics is a consistent scheme, free from internal contradictions. Apparent contradictions--as implied in the queries above--come from mixing quantum and classical mechanics; the latter is so much part of our mental habits that it is hard to avoid using it inadvertently.

Let us look more closely at the question why we can't give any energy we like to a pendulum by releasing it from the required height. This question implies that we can hold the bob of the pendulum at any desired point and then let go. But can we? We might try gripping the string a short way above the bob and pulling sideways; but while we do that the bob can swing as a shortened pendulum, suspended from the point where we hold the string, and those oscillations are again subject to the laws of quantum mechanics.

Now one of those laws is that an oscillator can never be completely at rest: it must have at least an energy of  $\frac{1}{2} h\nu$ , half a quantum step. This is called the "zero-point energy." Hence, however steady you hold the string, the bob will swing below your fingers with at least the ~~zero-~~ point energy. The tighter you grip, the more violently it will swing. Clearly this is no way to set a pendulum moving with a known amount of energy: the harder you try the less likely you are to succeed.

Of course you may try to think of other ways to disprove the quantum theory. Many such attempts have been made. Criticism today is aimed not so much at the basic laws--they are pretty universally accepted--as at the philosophical interpretation of those laws.

Although the parts of atoms do not move like little pendulums, their movements are a bit like oscillations, in so far as each part returns to the same place a great many times each second; accordingly the quantum steps of the atom are large; its allowed energy states are separated by amounts much larger than the mean thermal energy of atoms at ordinary temperatures. So the collisions between atoms are not violent enough at ordinary temperatures to change the internal energy of the atoms; the degrees of freedom represented by those internal motions are completely frozen, and the atom presents the outward appearance of a smooth, hard ball.

This is how quantum mechanics resolves the seeming contradiction between the hard, immutable atoms of old and our knowledge that atoms consist of smaller pieces: atoms are immutable only as long as the outside disturbances are smaller than the quantum steps by which the internal motions of those pieces might be altered.

Quantum steps are only important in the atomic domain. For larger phenomena quantum mechanics and Newtonian mechanics agree.



MICROWAVE

To understand Microwave Systems we first of all review Radio Waves, in a general classification according to frequency:

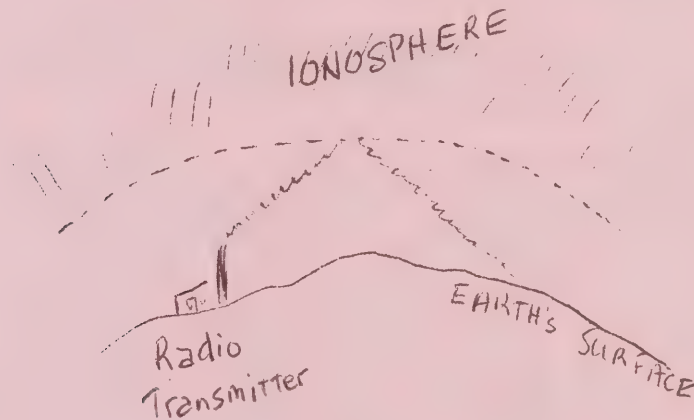
60 cps- Power Frequency  
20--30,000 c. Audio Frequency  
30--300 kc Low Frequency  
30,000kc--300 Mc VHF( Very High Frequency)  
300 Mc--3,000Mc UHF( Ultra High Frequency)

Your AM broadcast stations use the HF( High Frequency Range) of 3,000--30,000 Kc, whereas Television may be found on VHF and UHF ranges.

The radiated waves from an Antenna may be divided into two types:

(1) Ground Wave, so called because it follows the surface of the earth to the radio receiver, and

(2) Sky Waves, radiating waves from an antenna toward the sky. This is the wave that concerns the microwave system.



The skywaves strike a heavily-ionized layer of the earth's atmosphere. This layer is called the Ionosphere and is located from 40-300 miles above the earth's surface. Short wave signals that travel from a transmitter to a receiver overland, or sea, with various atmospheric(statics) is not as reliable and efficient as the Microwave Signals that bounce off a pre-launched satellite to the Receiver. The use of reflected waves between infra-red and shortwave radio wavelengths is what is now called the Microwave Radio System. You will see these masts by a hydrostation, with huge black discs on top facing the heavens.

alif		
bā	ب	با
tā	ت	تا
thā	ث	ثا
jīm	ج	جا
hā	ح	حا
kha	خ	خا
dāl	د	دا
dhāl	ذ	ذا
rā	ر	را
zā	ز	زا
sīn	س	سا
shīn	ش	شا
sād	ص	صا
dād	ض	ضا
tā	ط	طا
zā	ظ	ظا
'ain	ع	عا
ghain	غ	غا
fā	ف	فا
kāf	ق	قا
kāf	ك	كا
lām	ل	لا
mīm	م	ما
nūn	ن	نا
hā	ه	ها
waw	و	وا
yā	ي	يا

Vowels

i short	ـِ	as in sin
i long	ي	as in yeast
u short	ـُ	as in foot
u long	و	as in food
a short	ـَ	as in bat
a long	ا	as in man
ai	ي	as in fight
au	و	as in shout

Words

river, canal	(نَهْرٌ)
king	(مَلِكٌ)
garden	(بَيْتَانٌ)
bread	(خُبْزٌ)
street	(شَوَارِعُ)
human being	(نَاسٌ)
big	(كَبِيرٌ)
clean	(نَظِيفٌ)
poor	(فَقِيرٌ)
good, beautiful	(حَسَنٌ)
wide	(عَظِيمٌ)
spacious	(وَاسِعٌ)
good	(طَيِّبٌ)
gracious	(طَيِّبٌ)
house	(بَيْتٌ)
sea	(بَحْرٌ)
man	(رَجُلٌ)
flesh, meat	(لَحْمٌ)



CHARLIE SHERIDAN'S COLUMN

I sit in the Library on Tues. and Thurs. nights, checking Books in and out. You would think it would be fairly quiet and not much going on... But first I see our Resident California Girl going down the steps to the weight room, ten minutes later coming back with a big smile on her face.... I find out that whenever BILLY "Mr. COOL" Nevada goes down to lift a few weights, down goes AL, stands watching and goes "OOOH BILLY" every time Bill lifts a weight; and our "MR. COOL" just steps back and flexes his muscles. Now BILL has been here for awhile, but I doubt that anything is happening ??????.

BOB MacDONALD is having a hard time at Lifer's Meetings lately. One of the young ladies who comes in for meetings keeps picking on BOB. Now he is about Six Foot plus a lot and Chick isn't too far away from Five Foot nothing. It is all in fun, but one of these days "MAUREEN," OOOps, I mean the young lady, is liable to get spanked.

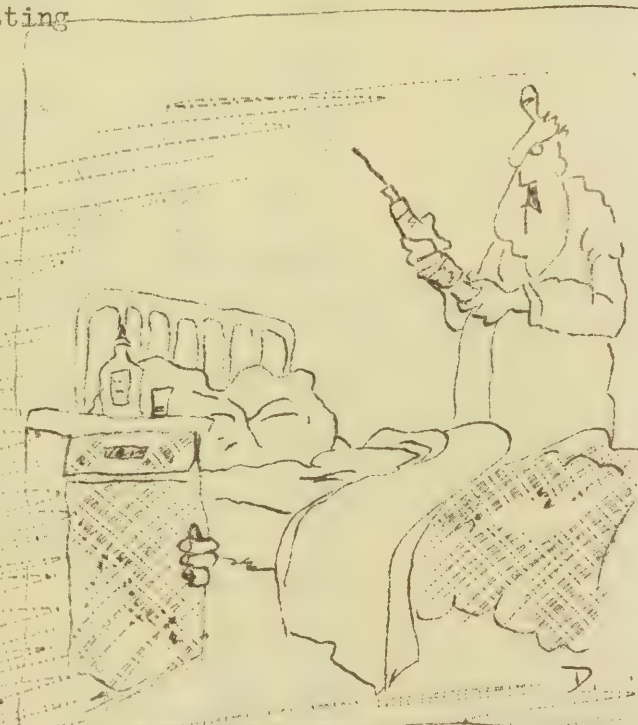
The gym was running some kind of Athletic deal the other day and "SPENCE" was doing sort of an in and out obstacle course bit. He made it in 16 seconds or so... I don't know if it was good time or not, but if it weren't for his Hairdo he could have cut the time by at least 3 seconds... The wind resistance must be something fierce with that "Natural" he's got... "GAYLORD" is trying to give Spence some competition in the large hairdo bit, but he'll never make it. There's a Colored Beautician's Shop set up on 1D Range every Sat. morning, and you should see some of the fancy Hairdo's. "YI Real Scary." I haven't seen any Lipstick or Pantyhose yet but maybe next Sat.????.

"DUTCH" The Common Room man is getting a slight "POT." He says he is a light eater. "He's Right"; as soon as it gets light he starts eating. Nice guy to get along with though; even if he is starting to waddle a bit. "Old Rock and Roll" does like his goodies.

I hear a rumor that all the guys who work in the Officers' Mess are going to be put on a diet. I don't dare say they are getting fat... they are just all bigger than me--especially around the waist. So just call me Chicken....

"Dave CHUBBY Robertson" is now on the Committee and says he never had it so tough... He has to walk all the way over to the Committee Office and back twice a day and it's killing him...

Well, that's all for now...  
Bye...



"Come on, don't waste my time. Get out of there."

PREJUDICES from Tangled World by Roger L. Shinn (pp86)

What can a person do to overcome his prejudices? Every person has prejudices of some kind, deep or trivial. Sometimes he is surprised to discover them. He may wish to get rid of them but they will not just brush off. What can he do?

When Robert Penn Warren, the poet and novelist, revisited his native Southland, he heard a woman say: "I think it's a moral question, and I suffer, but I can't feel the same way about a Negro as a white person. It's born in me. But I pray I'll change."

This woman has a great asset in her struggle--honesty. She may not win, but she has a good start. She is far better off than those who bury their prejudices where they cannot get at them and then pretend to themselves that they have none, or than those who try to justify their prejudices by false science and corrupt religion.

Even so, overcoming prejudice is not easy. The answer is not simply trying. Some things we can do by discipline and effort. We can sometimes force ourselves to be more just to other people. But we cannot get rid of prejudice by effort, even by honest, determined effort.

However, we can do something about our prejudices, especially if we understand them. The woman described by Warren was mistaken in thinking prejudice was born in her. Perhaps she was indoctrinated from childhood with misinformation and the habits of prejudice. Or perhaps she simply absorbed prejudice from her environment. Or maybe she is clinging to her prejudice because it seems to fill some need in her life. If she can find the reason for her prejudice, she will gain something. The same holds for all of us, because--I repeat--we all have prejudices, though not necessarily racial prejudices.

Some prejudices are soaked up from the society around us. They have become habits, persistent but not very important to us, excess baggage that we carry around. It is surprisingly easy to get over this kind of prejudice, even though it seems to be "born" in us. All a person needs to do is to make some friends among the group that he has scorned. In some social settings this is hard to do, and we are driven back to the need for institutional change. But when a person associates with others, even though he has long been prejudiced against them, the normal processes of friendship can dissolve prejudice with amazing speed.

But another kind of prejudice is much harder to overcome. It is the prejudice that is part of our personal or group security system. If we enjoy unjust privileges because we are holding others down, then we are afraid to see justice come. Perhaps more often we are simply insecure persons, trying to overcome our anxiety and fear by asserting superiority over somebody else. (This is probably the most common reason for prejudice.) Then prejudice is like a narcotic; it does not help us, but we cannot get along without it. In such cases we will not overcome prejudice without at least beginning to get over our insecurity. We need healing.

There is no mechanism for conquering insecurity. That is why the language of faith talks about the mystery of the grace of God. But there are steps we can take. One step is to enter into the life of a group of people who share a common faith and a common commitment. There healing begins to overcome insecurity, and the need for prejudice disappears. Then we can seek friends among those whom we have despised, and our prejudices slip away.



## SF THE POINT OF FOCUS by Bill Hutton

Earth communications went wild. The big cruiser in from Aldebaran on the two week milk run had taken off without authorization from Gotham spaceport. It wasn't the regular crew. Some fanatic scientist was managing the controls, heading it straight into the sun.

"What is this? Some suicide group?" asked APS of its wire services.

"He has a theory that that's the way to travel between stars!" the Profile Group at the U. of Arizona answered.

"Won't the ship burn up?" asked APS.

"There's no atmosphere!" retorted the Sci-Fi Group in Nevada, "But we can't settle the question about dispersion! There's temperature there but no heat! If the ship can convert the temperature into speed..."

"Preposterous! Mad!" screamed the press. No recognized authority let out a peep.

The cruiser dived into the sun. Everyone died instantly as their atoms mixed with the vaporized ship which was now an energy lance heading towards the core of the star.

The lance touched and entered the core and the consciousness within the ship willed that they go to Aldebaran. They came out of the core of Aldebaran star, re-assembling as they came. The biggest teleportation devices in the universe had been tested and found to be in good working order. Total time elapse: 5 seconds.

The Aldebaran authorities refused to let the cruiser land. It wasn't listed on the charts for another two weeks.

"It's an illusion! Just a ghost ship! Pay no attention!" they said.

So the cruiser went into Aldebaran's star, the consciousnesses willed at the core that they would land on earth ten minutes before they took off the first time and no one ever heard tell of such a crazy experiment then or since...

"The milk run from Aldebaran has just landed in Slot 4!" the port authority at Gotham reported to Trans-America shipping.

"It's about time!" said their worthy executive dispatcher, "What a slow tub! What we need is instantaneous travel! One of those days perhaps some gink will figure it out!"

The crazy scientist decided they'd better do time travel studies instead of working on contemporary prejudices. No sense in being blasted out of the sky for being a successful impossibility was there?

\*\*\*\*\*

HUNTER

The wild star song  
 Came pouring from  
 His lips and the  
 Bundle of sticks  
 Burst into flames...  
 "Thank you!" they said  
 As they made the  
 Kettle sing of space  
 And light...

## CHECK MATE by Bjarne Herhold

I had a game of chess with God;  
 it happened the other night—  
                   it was nothing but  
 a gigantic inner fight,  
 pertaining to my destiny and fate,  
 and everytime I was mate.

I tried to avoid Him on the right,  
 but the spot was covered with a knight.

I then advanced in the middle,  
 but I was only playing second fiddle,  
 'cause I came to a stop  
 when I met His bishop.

The game was very tense  
 when I felt the immense,  
 magnificent divine power,  
 as He took my second tower.

I quite well understood—  
 there was a kingdom called Heaven;  
 though, I put down my foot  
 in the hour of eleven.

Still I wouldn't give in;  
 I didn't feel any sin  
 --then for a moment  
 I thought He was mean  
 when He took my only Queen.

\*\*\*\*\*

It was not until dawn  
 when he took my last pawn,  
 and finally I had to quit—  
 so now I realize and I admit:

He is superior in one and everything;  
 He's eternal love--He's the King.

Joyceville, July 1978

## ILLUSION by Bjarne Herhold

With a delicious yawn  
                   I wake up  
 and I see it's already dawn.  
 I dreamt of your body  
                   so close to mine;  
 out of my eyes I study  
 and sure I don't feel fine.  
 Back to reality I scrutinize  
 those long gray scars,  
 and now I realize  
 I'm behind cell bars.

Lval, October 1977



BARTER EXCHANGE PROGRAM by Gord Connors

Consider for a moment the excess time an inmate must deal with during the course of his sentence. Time where very little constructive is being accomplished and where small problems and frustrations can become big ones. Consider also that the smallest amount of time a man can be sentenced to in the Penitentiary System is two years. The Penitentiary System at this moment in time does not have enough programs to occupy all the free time of every inmate in it. The Barter Exchange Program is a step in the right direction.

Instead of time spent unconstructively, inmates under this program can perform useful services for the community as well as for each other. Beneficial contacts can be formed between inmates and members of the community. Each can provide services for the other. In addition to this, the inmate can feel like he is once again contributing to the community. It will give the inmate a feeling of belonging to the community he may have thoughts of returning to one day.

The feeling of belonging to a community is important, even if the community the inmate returns to is not part of the Barter Exchange Program. The lifestyle in prison and that which exists on the street are worlds apart and B.E.P. will allow inmates to come back into contact with the life style they used to know before things went wrong. It will also allow members of the community to see the life style that exists in prisons, not as newspapers, radio and T.V. would have you believe, but rather as it really is.

Another benefit of the program is that it will make the transition period, that every inmate must cope with, from the prison to the community, a lot easier to deal with. This means that the rate of successful readjustments to the community could increase and the recidivism rate drop.

The services that could be performed back and forth are far too numerous to list here, but could range from house painting to personal counselling or from fixing a car to teaching others how to play an instrument. In addition to this, the program is designed to include people of all ages, from public school students to those retired.

As in anything else, I am certain that there will be inmates as well as people from the community who will not see any value in this program. There will be others from both groups who will doubt the value of the program. That is fine, because I am equally as certain that the people who do get involved will do so with enthusiasm and the best interest of the program at heart.

I feel confident that the counselling professions would agree, when I say that one of the best feelings a person can have is that of personal or self-satisfaction. The Barter Exchange Program will be beneficial to all who get involved.

Non-Verbal Communication: Messages without Words : G.R. Connors  
Barter Exchange

Non-verbal communication means: smiling, frowning, laughing, crying, sighing, standing close to others, being stand-offish, the way you look, your hair, your clothing, your face, your body, your handshake( sweaty palms?) your postures, your gestures, your mannerisms, your voice( soft, loud, fast, slow, smooth, jerky)and the environment you create: your home, your room, your office, your desk, your kitchen, your car.

Observing yourself and others is what this series of articles is about. In the following pages and over the next few issues you'll become acquainted with the field of non-verbal communication --the way we express ourselves, not by what we say but by what we do. Albert Mehrabian claims that less than 10% of what we communicate comes from our words: the rest is sent through in non-verbal messages. THEREFORE, TO COMMUNICATE BETTER YOU NEED TO BE SENSITIVE TO BODY LANGUAGE.

So let's begin.

Verbal and Non-Verbal Communication

Here's an experiment you can try either on your range or at work. It will help you begin learning how non-verbal communication works.

- (1) Pick a partner and find a place where you have some space to yourselves.
- (2) Now sit back to back to your partner , making sure that no part of your bodies come into contact. You should be seated so that you cannot see or feel each other but you can talk easily.
- (3) Once seated, take two minutes and talk about something( any subject you like). Remember, do not look at or touch each other. Communicate only by words.
- (4) Next, turn around so that you're facing your partner, seated at a comfortable distance. Now that you can both see and hear each other, carry on your conversation for another two minutes.
- (5) Continue to face each other for the next two minutes, but don't speak. Instead join hands with your partner and try to communicate whatever messages you want to, through touch and sight. Try to keep aware of how you feel as you go through each step. There isn't any right or wrong way to behave here--there's nothing wrong with feeling embarrassed, silly or any other way. The only requirement is to remain silent.

After you finish this experiment discuss it with your partner. How you felt, whether comfortable, nervous, playful, etc. Did your feelings change from one step to another? Could your partner tell these feelings without expressing them? If so, how? Did he communicate his feelings too?

If this experiment seems strange to you, I hope you went through with it, because it points out several things about non-verbal communication.

1. Non-Verbal Communication Exists

Even when you were in the non-talking stage you probably could pick up some of your partner's feelings by the touch of his hands, his posture and expressions. This exercise then, hopefully showed you that there are



other languages besides words that will carry messages about your relationships with others.

The point of this exercise then was not so much how you or your partner behaved, that is, whether you were tense or relaxed, friendly or distant. Rather I wanted to show you that even without any formal experience you can recognize and to some degree interpret messages that other people send non-verbally. In this series of articles then, I want to sharpen your skills, the ones you already have and to give you a better grasp of the vocabulary of non-verbal language and to show you how this understanding can help you to understand yourself and others better.

The first thing you must be aware of before you start getting into Body Language and the realm of non-verbal communication is:

### YOU CAN'T NOT COMMUNICATE

The fact that communication took place between you and your partner brings me to the second point of important feature of non-verbal communication. To understand what I mean here, think back to the experience you just finished. Suppose I asked you to not communicate any messages at all. What would you have done? Closed your eyes? Withdrawn into a ball? Left the room? You can see that even these behaviors communicate messages that mean you're avoiding contact.

Take a minute now and try not to communicate anything. You'll soon find this is impossible to do. As Freud once said, "He that has eyes to see and ears to hear may convince himself that no man can keep a secret. If his lips are silent, he chatters with his fingertips; betrayal oozes out of him at every pore."

This impossibility of not communicating is very important because it means that each of us is a kind of transmitter that cannot be shut off. No matter what we do, we send out messages to say something about ourselves. What you have to learn to do then is to tune into these non-verbal signals so you'll be more aware of how those around you are feeling and thinking and you'll be able to better respond to their behaviors.

STOP FOR A MOMENT AND EXAMINE YOURSELF AS YOU READ THIS. IF SOMEONE WAS WATCHING YOU RIGHT NOW WHAT CLUES WOULD THEY GET ABOUT HOW YOU'RE FEELING? IS YOUR POSTURE TENSE OR RELAXED? ARE YOUR EYES WIDE OPEN OR DO THEY KEEP CLOSING? WHAT DOES YOUR FACIAL EXPRESSION SAY ABOUT HOW YOU FEEL? CAN YOU MAKE YOUR FACE EXPRESSIONLESS? DO PEOPLE WITH EXPRESSIONLESS FACES COMMUNICATE ANYTHING TO YOU?

As you study this subject you'll find that even though feelings are communicated quite well non-verbally, thoughts don't lend themselves to non-verbal channels. All we can communicate non-verbally is feelings, not thoughts. You usually talk about what you think, rarely about how you feel. This then is the second major point about body language.

NON-VERBAL COMMUNICATION TRANSMITS MESSAGES ABOUT HOW YOU FEEL. Being sensitive to the feelings of others brings us one step closer to understanding others better. Unless the relationship is well-established, people rarely talk about their feelings. They concentrate on talking about their



thoughts.

YOU CAN TEST THIS ANOTHER WAY. HERE'S A LIST THAT CONTAINS BOTH THOUGHTS AND FEELINGS. TRY TO EXPRESS EACH ITEM NON-VERBALLY AND SEE WHICH ONES COME MOST EASILY!

YOU'RE TIRED  
YOU'RE IN FAVOR OF CAPITAL PUNISHMENT  
YOU'RE ATTRACTED TO ANOTHER PERSON IN THE GROUP  
YOU THINK MARIJUANA SHOULD BE LEGALIZED  
YOU'RE ANGRY AT SOMEONE IN THE GROUP

Knowing that people express their feelings by their actions is important when you keep in mind this next characteristic of non-verbal communication. PEOPLE OFTEN SIMULTANEOUSLY EXPRESS DIFFERENT AND EVEN CONTRADICTORY MESSAGES IN THEIR VERBAL AND NON-VERBAL BEHAVIORS.

A common example of this is the "double message," the one that we get from someone who is red in the face and bulging veins yelling, "Angry? No, I'm not angry!"

Usually however the double message is this obvious. At times we all try to be different than we are. There are many reasons for this: to cover up nervousness, fear, anger and so on. As an old Chinese proverb says: "Beware of the man whose belly does not move when he laughs."

As I discuss the different kinds of non-verbal communication, I'll point out a number of ways people contradict themselves by either conscious or unconscious behaviors. Thus, by the end of this series of articles you should have a better idea of how others feel, even when they can't or won't tell you with their words.

Before you get the idea that merely reading these articles will make you some sort of mind-reader, I want to caution you and at the same time introduce you to another feature of non-verbal communication. A great deal of possible meanings can be interpreted to non-verbal behavior. It's foolish to think that your interpretations will always be correct. I suggest that when you become aware of non-verbal messages in your everyday life you should think of them not as facts but as clues that need to be checked out.

I suggest that before the next issue you carefully study and underline the important features of non-verbal communication. They are:

- (1) NON-VERBAL COMMUNICATION EXISTS.
- (2) YOU CAN'T NOT COMMUNICATE.
- (3) NON-VERBAL COMMUNICATION TRANSMITS FEELINGS.
- (4) DOUBLE MESSAGES CAN BE TRANSMITTED.
- (5) NON-VERBAL COMMUNICATION IS A CLUE ABOUT HOW A PERSON FEELS AND THEREFORE NEEDS TO BE CHECKED OUT TO SEE IF YOU'RE RIGHT OR WRONG.

NEXT ISSUE: READING BODY LANGUAGE



from THIS IS MY COUNTRY TOO by J. Williams from Holiday, September 1964

I didn't linger long in Indianapolis, nor in Chicago, which was now held fast in the grip of a bitter lakeside winter. Then I was cutting across Ohio, driving dully, the seat belt tight against my waist. In mid-afternoon I saw a patrol car coming up behind me. I checked my speedometer and it read seventy, the limit. I held steady at this speed, expecting the trooper to pass me, but when I glanced around I found him keeping pace with me. Then he signaled me to pull over.

After Kentucky, I had been followed by police or troopers in Georgia, Tennessee, Mississippi; I had been pulled over in Illinois and California. Followed, pulled over and made to know that I was a lone black man in a big car, and vulnerable as hell. I had had enough. I snatched off the seat belt and rolled down the window. It didn't give me room enough, so I practically kicked the door open.

"What's the matter?" I shouted at the trooper. He didn't answer as he walked to the car. And then I decided to commit it all--my body, too, if he wanted it--for I would not take any more harassment.

"Let's see your license."

"I asked you what the trouble was." That was not what he wanted. The ritual said that I should hand my license over to him without a word.

"I want to see your license."

I gave it to him, smelling the odor of a man about to exercise the insolence of office. It was the old game: "You black, me white, and I'm cop besides."

He fingered the license and then, leaning casually in the window, said, "John, what's your occupation?"

I laughed. What does occupation have to do with an alleged traffic violation? Was the nature of my work supposed to tell him that I had money enough to pay him off? Was it to let him know that I was the "right kind" of Negro, one with political connections that could make it hot for him? Was I supposed to be jobless and transporting drugs, a corpse, or young girls across the state line? Police and troopers of America, comes a slow day, you can always find a Negro or two wandering through your state. Brighten up that day by making like exactly what you are.

"My name," I shouted, "is Mr. Williams." I'm sure that cops and troopers use the familiar address with many people who are white, but this one I smelled out. "John" was synonymous with "boy." He snatched his arm from the window. I flung my authorization for the trip at him. I watched him as he read it, and thought, not only am I not the "right kind" of Negro, not only will I not pay you off, but I am about five seconds away from total commitment--which means five seconds from beating your head.

He glanced over the top of the sheet. "Mr. Williams, you were doing eighty coming down the road. When I caught up with you, you were doing eighty-two."

"You're a liar. I was doing seventy. Eighty? Take me in and prove it."

"Mr. Williams--"

"Tired of taking all this crap from you guys."

"Mr. Williams--"

"You're going to run this nonsense and yourselves right into the ground."

Cars were slowing as they passed us. The trooper's face took on an anxious look. Yes, I was rambling in my anger, but I was ready to go. What is more, for the insults I delivered, he would have taken me in had he been right. Instead, he returned to his car and I drove on--at seventy miles an hour.



The "No-Me" and the "Yes-Me". Which One Do I really want to be?  
by Keith Washington

All of us have a choice, it's up to each person individually. You can go through life being either a "no-me" or a "yes-me." That's simply a little way of saying that you can be a negative person--a "no-me", or you can be a positive personality--a "yes-me," in this world.

Which one do you really want to be, dear friends? Naturally, you would say "yes" to being a "yes-type" person, because then your chances for happiness, opportunities and success are increased greatly. So let's concentrate right now on being more and more positive about every single thing.

For certainly the Bible itself is a positive book. It is there that you find such thoughts as these:

I can do all things through Christ...(Philippians 4:13)

Father, all things are possible with thee...(Mark 14:36)

Notice how bright and uplifting those words from the Bible are, dear friends, for they are positive words. They are "yes" words. They radiate hope and confidence. The same holds true with a positive person.

When your outlook is good, you attract other people and you draw many unforeseen opportunities your way. You are bright and uplifting. You radiate hope and confidence. Try very hard, dear friends, to look on the positive side of all matters.

If somebody else has an idea, let it be expressed and consider its good points. Don't condemn what others suggest until you've given it plenty of thought. Many a helpful idea has been lost because of negative attitudes. Be positive. Even when you are struggling with a problem, try to remember that even troubles can be turned into new opportunities in the long run. Strive to see the winning points in others around you. Greet each day with the determination that it will bring things that are good and joyous and interesting. Say to yourself, "I'm going to be a "yes-me" who is positive and sees the good in other people and in whatever may happen." It works. Yes, it does. Blessed are they that read this message and keep it.

God Bless You...

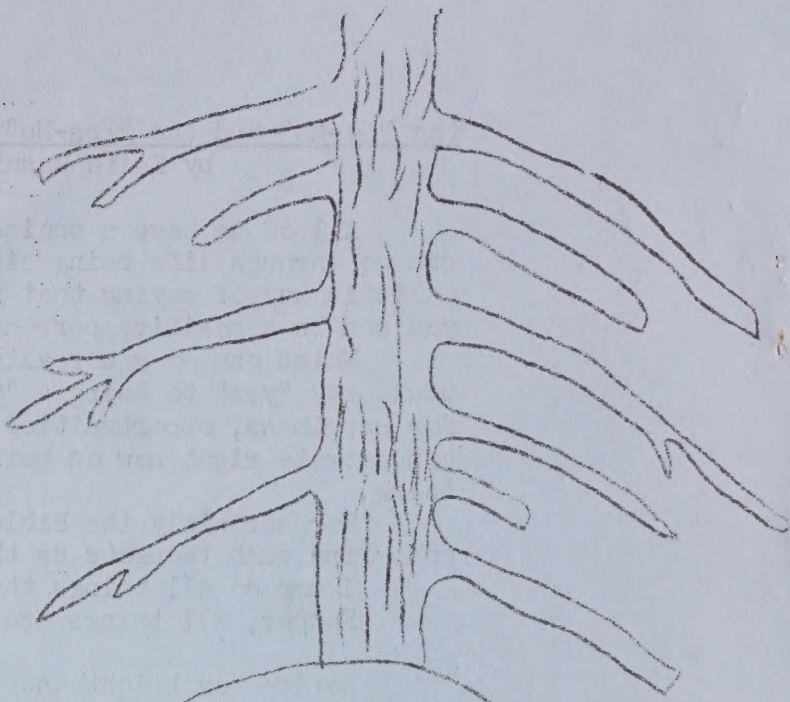
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